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MELVILLE C. KEITH, M. D.

KEITH'S

PRACTICE

BOOK.

*OF THE HUMAN BODY  
SERVANCE OF THE  
EDITIONS.*

*gical Conditions of the Human  
f the most Practical  
Welfare of*



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# KEITH'S DOMESTIC PRACTICE

AND

## BOTANIC HAND BOOK.

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*A PRACTICAL TREATISE ON THE CONDITIONS OF THE HUMAN BODY  
CALLED DISEASE AND THE PROPER OBSERVANCE OF THE  
LAWS TO PREVENT THOSE CONDITIONS.*

---

*The Methods to Pursue to Overcome Disease, or all Pathological Conditions of the Human  
Body, with Illustrations, Formulas and Facts of the most Practical  
Value to All who are Interested in the Welfare of  
the Human Race.*

W. B. KEITH

BY MELVILLE C. KEITH, M. D.

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BELLVILLE, OHIO;  
Published by the Author,  
1901



Copyright, 1901, By Melville C. Keith, M. D



## DEDICATION.

This book is especially dedicated to all mothers and fathers—to all sons and daughters—who are concerned about the welfare, physical and mental, of those who are dependent upon them for care and preservation; to every phase of humanity that is interested in becoming better in body, and sound in mind. This book is presented with a belief that it contains the exposition of truth, as its basis, and whatever is the truth, is eternal.

AUTHOR.



YANSEL BBAI

CHILD-BIRTH AND CHILD with Diseases Peculiar to Infancy will shortly be issued uniform with this volume.

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1901

## PREFACE.

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The following is the outcome of about fourteen years of study. The scope is larger than was at first anticipated, and the length and breadth of the subject is not reached. It is simply unmeasured.

A sound mind and a sound body—a mind that comprehends the laws of life and all beings and has the courage of its convictions, to obey those laws—is very rare. There are very many of us among whom is the writer,—who have crawled up and out as it were, from the quicksands and mire of ignorance and superstition, so that the clear sky may be discerned beyond us.

We can be sure that this world is a world of law, and if we disobey the law, or the set of laws that surround us, we may expect to suffer the penalties of a broken law from which there is no positive chance of escape. All our beliefs and our wishes, our hopes and our prayers, will not prevent the penalty from coming upon us for disregarding one or more of nature's laws, which are the laws of God.

The following pages or explanations are made to elucidate and make plain the most common of the laws of life, and the results of obedience and disobedience. For the breaking of those laws we see the whole world in ignorance and disease.

There is not a tumble down house, nor a decayed body—not a sigh from a cripple, not a chatter from an idiot—that does not betray the fact that the physical laws have been broken, and that the sufferer is now feeling the penalty of that disobedience.

We must believe that the days of stupidity are nearly at an end. In some respects we know they are. In regard to the "Practice,"—so called—of medicine, we are still bound by the beliefs and errors of the Fifteenth century.

The sullen, cruel clouds of Barbarism, which were just commenced to be rolled away when Columbus discovered America, have been replaced in part by the degrading Twins of Syphilis and Tobacco. We shall never emerge into the clear daylight; nor, will man or woman be able to see clearly as long as they are surrounded by this smoky horizon of tobacco, and their feet slipping from my pathway of hereditary or acquired syphilis. When we strive to open our eyes from out the assumptions of Allos Pathos—and when we at once get a view of what are the conditions and possibilities of a body—if we are born right and reared right,—we are

dazzled and blinded by the glare of the light that comes to us. So many thousands have seen this shadow of perfectness, as it were, and are danced off or switched off backward into the mire of spiritism, Christian Science, Faith Cure, or swallowed by the pig headed and stupid devices of absent treatment, Magnetism, and a thousand other demoniac assertions, which are only the will-of-the-wisps floating in the swamps of uncertainty.

PROTOPLASMY, if we understand it, is the exposition of the laws of atoms, based on the fact that there are atoms, and that these atoms obey the law, and this law is known as the Vital Force, which force is directly from God and is synonymous with the Spirit and Life Force. In short, that life force, vital force, spirit and life power are all one.

We have taken up more space in endeavoring to make this clear in Fever and Diphtheria, and we think—we are sure—that if any one has the idea of the vital force, and if they understand, even in the most dim way, the fact that the atoms themselves are obedient to this law, (from the Lord, Jehovah,) and that each and every organized plant, beast, bird, fish and man, has his specific distinct vital force inside of them, and that this vital force needs and demands the purest material and the cleanest environments, then they have the basis of the law of Protoplasmy.

Many remedies have been omitted, because, if one understands the basic law of Protoplasmy, but few agents will be needed. We have given those which are most common, easily understood, and obtained. We desire to emphasize—most distinctly, that it is written for the people with no thought of writing any treatise for the medical profession. No school of medicine can be held responsible for these assertions. We are endeavoring to follow out and explain the law of Protoplasmy.

Vital Force demands nourishment, material and proper environments, and if we find the material right, the laws obeyed, we shall have a perfect body, and the mind will be sound in that body. Such is the idea of the writer.

We are not waging any war with individuals, but we are fighting against the superstitions and follies of Paracelsus of the fifteenth century. The whole system of regular medicine to day is based on the erroneous fantasies of a country physician, who visited the mines of Tyrol and there imbibed the idea that a human body could be purified by means of a mineral; and the incongruities, mistakes, assertions, poisons and horrible purgers are to be dated from this visitor to the Tyrol mines, in the early part of the fifteenth cen-

ture. Hohenheim—The self styled Paracelsus. The first giver of mercury and minerals to purify the body.

Now, it does not seem possible that all our medical schools, (with the exception of two) are based on these errors, but such is the fact; and any person with a very moderate amount of education can readily see and be convinced that the human body cannot be benefited by such agents as, mercury, antimony, lead, iron, potash, tin, copper or gold: the simplest thinking animal can understand that the body demands nourishment with care and proper surroundings.

We might go farther and claim that disease is a unit, but we shall not enter into any discussion on minor topics, only to say and assert that any parent or any person interested in the welfare of the human race can easily see by an hour's observation, that the people who have the least to do with doctors, are the best off.

The Author does not claim that this book represents any principles or any medical school on earth, or any medical fraternity, except the believers of the medicines of Protoplasm.

The believers in Protoplasm will believe in nearly everything that is in this book, that is, this book is the outcome of a belief in the doctrines of Protoplasm, and this book is for the students of Protoplasm, wherever they may be, and it is believed by the writer that every intelligent person on the earth will, sooner or later, become a student of Protoplasm, and will always live in direct opposition to the drug and poison giving of the present day.

The writer has no quarrel to make with the surgeons of America or Great Britain, but he asserts with the utmost positiveness that the so called "system of medicine" of each and every school are based on erroneous ideas.

Two points may be mentioned as covering this opposition and the beliefs, in what we, as students of Protoplasm believe to be correct.

The Allopath believes in poisons as medicines. We know positively that poisons cannot in any way, be beneficial to the human body; and we further believe, that the man or woman who believes in these poisons and gives them, is either laboring under a delusion, or is a villain.

It is evident, that if there are blood corpuscles in the human body, that these corpuscles would never have any mineral placed in contact with them; and, the person who takes in this mineral, does it in ignorance, or is desirous to commit suicide.

This book is an exposition of Law and designs, to help individuals in the care of their families.



There is no poison medicine or poison drug or mineral that is advised to be taken with an idea of its curative value. In two articles—the Neutralizing Cordial and the Worm Syrup—there will be found a small portion of an Alkali (potash) and this is given, not for any positive curative effect—but, for the purpose of driving worms or germs from the intestines. There is not a remedy advised in this book that is poisonous, in any degree, and the writer believes that every formula is, in itself of value to the human body as nourishment for the builders of that body; that is, it furnishes nutriment for the corpuscles, which in their turn, do all the building and perform every action that is performed inside of the human body.

To the many friends that we have in England and America, we return our thanks and our most profound appreciation for their patience with us, and when it is remembered that this writer has had to read his own proof many times by an inefficient light, and, that he is past sixty-six years of age, the typographical errors may be excused, in view of the fact that the bulk of the book is written in the interests of exact truth, and the desire to benefit the entire human race. It is believed, by the author, that every soul who reads this book will have been called to a larger life and a broader understanding of that life by the Son, of God before this book has come into their hands, and, to every one of our readers we say with sincerity; "welcome you wise one, or you who are called to be wise, to the truths which we place before you." And, if you desire to have more knowledge on any point that is not made plain here, you have full directions for getting that knowledge in James I, 5; "If any man lacks wisdom, let him ask of God, who giveth liberally."

In the following pages we have not had space to make plain many of our ideas, and many other conditions have been left out, on account of lack of space. We have taxed the time and paper of the printer in adding the last thirty pages, but we believe they will be found as valuable as any other thirty; and we have cut out much more—very much more—than we have put in this book, but we have given the basic law of nearly every condition, which is called "disease," and the thinker and the student will not find everything new, but he will find the thoughts of a searcher after knowledge, and one who desires to have the knowledge, which is based on the eternal truths that came fresh from the hand of God, "when the morning stars first sang together."

Belleville, O., U. S. A., Sept. 16, 1901.

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# HISTORY OF MEDICINE.

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## GENERAL INTRODUCTION.

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THE HISTORY OF MEDICINE IS LOST IN MYTH AND TRADITION. When we go back in the history of Greece, we find that Hippocrates, who lived about 460 years before Christ, was really the first of the physicians who made healing a special art and profession, apart from every other calling and the first one who collected the materials of others and wrote in a consecutive manner about the healing of diseased bodies.

No doubt there were many physicians in the Egyptian and perhaps in the Assyrian kingdoms, because we find they had consumptions and fevers (Leviticus xxvi, 16) which was 1491 years before Christ. The Egyptians had these diseases before this time and likely had physicians to heal them.

Those who were known and called "soothsayers," "magicians" and "Chaldeans" may have been as much of the medical order, as to foretelling the events that were to come, which, as we understand, was the special office of the astrologer and soothsayer.

At the time of Hippocrates, there were those in the healing art who did not do the right thing and to offset such parties Hippocrates had an oath for well bred and educated physicians. This oath has been pronounced as genuine, by the large majority of scholars who have studied the subject.

The following is a copy of the OATH:

### Oath of Hippocrates.

"I SWEAR BY APOLLO THE PHYSICIAN and  
ÆSCULAPIUS and HEALTH and ALL HEAL  
and all the gods and goddesses, that, according  
to my ability and judgment

I will keep this oath,

And this stipulation . . . . To reckon him who taught me this art equally dear to me as my parents, to share my substance with him and relieve his necessities if required, to look upon his offspring in the same footing as my own brothers and to teach them this art if they wish to learn it,

WITHOUT FEE OR STIPULATION.

Either by precept, lecture or any other mode of instruction, I will impart knowledge of the art to my own sons and to those of



my teachers and disciples and to disciples bound by a stipulation and oath according to the Law of Medicine, and to none others. I will follow the system of regimen which according to my ability and judgment, I consider

FOR THE BENEFIT OF MY PATIENTS

and abstain from what ever is deleterious and mischievous.

I WILL GIVE NO DEADLY MEDICINE

to any one if asked; nor suggest any such counsel and in like manner I will not give a woman a pessary to produce abortion.

WITH PURITY AND HOLINESS I WILL PASS MY LIFE AND PRACTICE MY ART.

I will not cut persons laboring under the stone, but will leave this to be done by men who are practitioners of this work. Into whatever houses I enter, I will go into them for the benefit of the sick and will abstain from any voluntary act of mischief and corruption.

And further from the seduction of males or females, of freemen and slaves.

Whatever in connection with my professional practice or not in connection with it, I see or hear in the life of men which ought not to be spoken of abroad,

I WILL NOT DIVULGE

as reckoning all such should be kept secret.

While I continue to keep this OATH inviolated may it be granted to me to enjoy life and the practice of the art, respected by all men in all times.

But if I trespass and violate this OATH may the reverse be my lot.

HIPPOCRATES.

It will be noted that in the above oath that the first one to be sworn by, is Apollo. "Apollo the Physician."

We should find out who Apollo was.

In the Orphic hymns, we find Apollo addressed as the "two horned god." Now there is only one original two horned god. This was Nimrod who founded the Chaldean monarchy.

Nimrod was the original Apollo. In other words, when we hear of Apollo, the god, we hear of Nimrod who was the mighty hunter before the Lord and who was the husband of Semiramis. Apollo and Nimrod were one.

ÆSCUPLAPIUS is the next one who is sworn by. ALL-HEAL and HEALTH, evidently were only names of unknown gods in general.

Æscuplapius was supposed to be a Father of Medicine in his day and at this time is supposed and said to be the "Father of Medicine." Temples were dedicated to him in all of the kingdoms

of Greece and when Rome came on the stage, we find that there were temples erected to this same personage.

When we examine the Greek language, we find that the name *Æsculapius* is not in it.

We do not find the name originating in the Egyptian, Assyrian, or the Hebrew. When we examine the Chaldean language, we find that we have three words that make up this name, *Æsculapius*.

These are ASHE, SKUL, APHE. From these three words we derive the name *Æsculapius*. At this point we come to the beginnings of the history of medicine.

In the language of the Chaldeans, these three words will give us the real clue as to who was the Father of medicine.

In Chaldeic, the word ASHE means a man.

The word SKUL means to instruct. APHE is the Chaldeic word for snake.

Here we are at the beginning and the word *Æsculapius* signifies the MAN-INSTRUCTING SNAKE. Or the snake who instructs men.

As history only affirms one meaning or one history of a snake being the instructor of the man, we have to go to the Bible to find out who this man instructing snake was and we are told that it was Satan, the adversary of mankind. The devil.

Hippocrates was a man, human enough, to be proven to have lived in the earth and died. *Æsculapius* was never a man but was some party who took it on himself to educate the human race. The man-instructing snake. Satan.

We can safely leave this "ancient Father of Medicine" to his glory as the only man-instructing snake that ever appeared on earth.

Whatever or whoever he was, it is evident that there was never but one snake that instructed the "man," and this was Satan.

We are satisfied that Hippocrates was the first man among men that collected by writing and other methods, the "art" of medicine into any kind of a compact system. His treatises are filled with practical knowledge of the difficulties of the human race and very much practical knowledge may be derived from studying his works at this day. So far as history informs us, these are the first works of any importance.

Among his many truthful assertions we find that Hippocrates had an abiding belief in what is called the "effort of Nature" or "act of Nature" and that he left very many things to be accomplished by the "effort of Nature."

All can learn what kind of a practitioner Hippocrates was when they read his oath.—

"I will give no deadly medicine."

This can only mean that he did not intend and made an oath not to give anything of a deadly nature. He was a doctor in medicine who gave NO DEADLY MEDICINE. It can be readily seen that Hippocrates was a Botanic Practitioner and was one of the then "regular school."

This was 460 years before Christ and we do not find any record of other doctors giving "deadly medicines" as a regular remedy. No minerals, unless the use of salt, was thought of by any of the physicians of those ages.

This system of medicine was in vogue up to the year of fifteen hundred, A. D.

A purely botanic system, in which none of the "deadly medicines" were given by the reputable and respectable physicians, was everywhere practiced.

It is true that all through history we have statements that such and such persons did so and so but the evidence is that there were no "regular" physicians who were unwise enough to attempt any poisoning of the body.

Among others and perhaps as prominent as anyone, was Scribonius Largus, who lived during the reign of Nero. A Roman. He wrote a book of formulas, in which was one made up of sixty-one ingredients. The principle article was the *dried flesh of vipers*.

Foolish as this may seem, this formula which was called THERICA, and which was made principally from the dried flesh of vipers was kept up until about the beginning of the eighteenth century. At the same time, we understand that those physicians who followed Hippocrates did not use the formulas but were content to remain without giving any "deadly medicine." These medicines, as are the present brood of patent medicines, are sought after by the ignorant ones who think if they can see some action of the bowels and reason that something is passing off, they must be doing some good and getting better. While at the same time, they are defying and driving off the Life Force from the body.

In the year A. D. 1490 or 1491 there lived in Germany a man, who was a physician. His name was William Bombast von Hohenheim.

He had a son born to him, whom he named Theophrastus von Bombast von Hohenheim. This son was carefully taught in the same school his father was, but he early became dissatisfied with his father and his teachers and went into the mines at Tyrol. Here he saw the minerals purified by the action of other minerals

and he conceived the idea of purifying the human bodies in the same manner. He began trying the minerals on the bodies of his patients. We cannot say what were his first experiments, because no record was made.

He called himself "Paracelsus" for some reason we do not know, unless to denote that he was above the Celsus that had lived centuries before him. His ideas were those of a chemist about the human body. He salivated his patients and as they "had actions" of the bowels, it seemed as if he knew what was best to do for them.

He threw aside all the ideas of Galen and Hippocrates (it is stated that he publicly burned their books) and went in for "chemically purifying the body" by means of minerals. The ideas were in the end, disastrous to him. He died A. D. 1541, being about fifty or fifty-one years old.

Although he did not live long, he transformed the practice of so-called medicine during his life, and after his death, there were hundreds of persons who took up his theories as to the giving of various doses of minerals instead of giving the herbs and plants.

Paracelsus gave Mercury in large and in small doses and, so far as we have any history, he was the first man who ever made any profession of medicine, who gave mercury as medicine in any form.

Up to the present time this form of giving medicines ("deadly medicines" of minerals,) has increased until at this time there are only two small classes through the civilized world who do not use minerals as necessary to "purify the body."

These two classes are the "PHYSIO-MEDICALISTS" in the United States and Herbalists in Great Britain. The Herbalists in Great Britain are also called Botanic Practitioners. They are really the regular successors of Galen and Hippocrates while the other so-called "allopathic" school is the descendant of Paracelsus of the fifteenth century. The quicksilver giving Theophrastus Bombast von Hohenheim.

At this writing (1901) there are only two medical schools that do not teach mineral dosing systems. These two are the Physio-Medical College of Indiana, located at Indianapolis, Ind.

The College of Medicine and Surgery located at Chicago, Ill.

All other colleges are devoted to the teaching of giving and applying minerals and deadly poisons in the vain hope of healing the sick body.

All through the long years of time, from 460 B. C. to A. D. 1500, a period of nineteen hundred years, we have no record of any one

giving minerals for the eradication of disease. Up to the time of Paracelsus, who had his mind turned into these chemical channels by his stay at the Tyrol mines, we do not find much deviation from the belief and teaching of Hippocrates that inside the body, or in nature, there was the "strength of nature" to cure the diseased body, if the Physician would give the needed aid in "regimen" and use such herbs or plants as would be helpful.

There occurred at this period another reason why this Paracelsus should have commenced on his system of mineral medication.

In 1492 Columbus discovered America and when he went back, there is no doubt but what he carried the seeds and germs of Syphilis with him, or among the seamen of the ships.

Of course, there are persons who have doubts about this disease having originated in America, but when we read over the testimony and find material enough to prove that this was a "NEW DISEASE." (although chancroids and gonorrhea were earlier known and may have existed from the earlier times of Egypt.) But with the advent of this "NEW disease" we find the Italians calling it the "French disease" only transmitted by coitus and the French people averring that it came from Spain. I think we may decide that, whether it came from America or the West Indies, or, was an exacerbation of some old trouble in a new form, we have an entirely new phase of Syphilis, enough to warrant all writers in calling it a "new disease" during the first part of the Fifteenth century.

Paracelsus tried his mercurial compounds on his victims and it seemed to "drive out the humors" (if we read between the lines in his works,) and therefore these Mercurials came into general use in the treatment of this "new disease," Syphilis.

Bumstead in the introduction to his work on Syphilis, makes the admission that "before the advent of the French disease" there was a different treatment for all known kinds of venereal ulcers.

And states that "human ingenuity, never more fertile in resources than under circumstances of great necessity, soon discovered in mercury a powerful modifier of the new complaint."

At this time there is not an intelligent practitioner who does not know that the way mercury "modifies" syphilis, is by destroying the blood corpuscles and by rendering the body in a far worse state than before the disease was taken away. Any one, with any experience, can eradicate the syphilis in a few weeks. But, the work of this "modifier" mercury, when once it has been sent into the system, is seldom or never eradicated from the bones and tissues. It passes throughout all of the body and the entire tone of the vitality is lowered and the particles of mercury sent into

the bones and tissues are seldom or never eliminated from the body. It is far easier to cure the syphilis than to eradicate the mercury from the system.

And it would not have detracted from the scholarly attainments of Freeman Bumstead nor from his value as a teacher, if he had told the exact truth and given to the world the facts as they are—that instead of its being “human ingenuity,” it was the invention of an ignorant mind, deceived with the idea that a human body is subject to chemical law like a mineral and could be purified with another mineral, that led the world into the great folly and stupidity of dosing the body with a subtle poison as is mercury, substituting or trying to substitute one poison for another one in the system. Well might the term “*allos pathos*” placing one disease in the body for another, be given to these ignorant mercurial dosers.

ALLOPATHY is a good name. But, it does not convey the exact truth.

These mineral poisons do not place one disease in the system and take away another. Or, place some poisons *in place* of another. It places a far worse disease in the system than was there before and absolutely takes away nothing. Leaving the body much worse off than when it began to give the poison.

Giving quicksilver (*or Quack Salber*) gave the name to the Physicians of “quack” from giving the quicksilver. Consequently all who dosed with quicksilver were called “quacks.”

At this present time, the name is applied to any charlatan and the Allopathists have often sent this name after those who differed with them in belief. But, if every person who gives mercury is a “quack,” as the application of the word was in the first place, then we will have every graduate of Harvard, Yale, Rush, Jefferson and all other medical schools on earth (beside the two previously named) really the “quacks.”

According to the derivation of the word, every person who gives mercury is a “quack.” Hence every other physician beside the Physio Medicalists of America and the Botanists of England are really the “quacks.” The word “tox-administers,” meaning poison dosers, has been applied to them with the most exact truth. This is the class of physicians who should be labeled, Poison givers or licensed poisoners.

Not only has mercury been given by these believers in ALLOS PATHOS, but every other mineral on earth has been laid under contribution to act as some “agent” in the vain hope of purifying the diseased body.

In this condition we find the medical profession of to-day.

They emulate each other in giving the largest dose of Arsenic, Potash, Strychnine, tin, lead, copper, iron or steel. Compounds of minerals are more common than foods. The original ideas of diseased conditions have been lost and we have the most absurd theories as to the every day occurrences in the body.

The entire truths of Hippocrates and Galen are ignored and forgotten. In place of these truths, we have the assertions of these poison-givers that "*the most virulent poisons are the best medicines.*" An assertion so utterly at variance with the facts, that any one with any intelligence whatever, can see that the makers and believers in such a theory should be avoided and shunned by every person desiring the best interests of the human race. Yet, these absurd assertions are taught and upheld by every college in the United States and Great Britain with the two exceptions heretofore named. And the great majority of the 65,000 doctors in the United States believe and practice from a belief in these erroneous and destructive teachings.

#### Homeopathy.

In the early part of the 18th century, a physician of Germany by name of Hahneman, conceived the idea that it would be best to give much smaller doses of medicines. He therefore gave what he called "triturations" of any drug and made it so very attenuated that really it could have but very small effect as a drug.

He discarded nothing of the old mineral materia medica, but took in all of the mineral school and added others that would make any one blush for the sanity of the human race. In addition to giving mercury, arsenic and all the other minerals, he added among other articles, (or his followers did,) the honey bee and the tincture of bed bugs. It really does not seem possible that such agents should have been given internally, but, if we believe their own books, the tincture of honey bees, bed bugs and snake poison are some of their agents given to aid the body in recovering its healthy or normal condition.

Gold, silver, tin, lead, zinc, copper, iron, steel, alum, all preparations of potash, with all of the vegetable poisons as Aconite, Belladonna, snake poisons (the poisons from the fangs of the poisonous snakes) are given with an absence of common sense that can not be realized by any one who will take five minutes to think about the make up of the human body.

The bedbug is put into a tincture and given with supreme confidence in some one's "provings" (or experiments before hand on some other human body,) that it will prove a panacea for some of the ills that flesh is heir to.

Aconite and Belladonna, two of the most poisonous agents on earth, are given every day and the common stupid people have been educated to dose out these minute doses of poison to their children. And to take them in their own bodies in the hope to purify their organism.

Hahneman performed many cures but they can only be accounted for on the same foundation that Hippocrates laid down 460 years before Christ, viz:—that we have in the body a *Vis Medicatrix Naturæ* or an effort of, or strength of nature which cures or renovates the body, if left to itself.

Hahneman deceived himself when he ignored this great fact. And, as he continued to be deceived until the day of his death, so he continued to teach and perhaps believe in his dogma that "*Like cures like.*" Or, as he had it in Latin, "*Similia similibus curantur.*"

This of course, was wholly false, as like never cured like. Nothing but the force dwelling inside of the body, ever did or ever will do any of the curing or healing.

Because of the real successes of the homeopathy, (which occurred in spite of their folly in their dogmas and their absurdities,) they have fought their way to the front and have some of the most wealthy families in the nation. Not because of any merit whatever—but because they have more nearly trusted to the recuperative powers of nature and have not been as ready to saturate the human bodies with minerals as have the regular descendants and followers of the quicksilver giver Paracelsus.

They are sometimes called the new SCHOOL OF MEDICINE, but the Allopathic colleges do not have the right of being called the "old school."

They are decidedly new. Dating only from Paracelsus who died in the year 1541. Their founder did nothing more than to start them in, first by giving mercury and asserting that the human body was a chemical compound like unto a mineral and should be "purified by a mineral," and from that time to this they have only developed along these erroneous lines of belief. The Homeopaths are not an hundred years old. The Allopathos or allopathics are about four hundred and seventy-five years old.

While the Botanists are at the least twenty-three hundred years old and have the great majority of truth seekers on their side.

At the present time, in spite of their untruths, the Homeopaths are growing faster than the old school. They have large and influential colleges in many states.

This can be accounted for by the apathy and ignorance of the common people and the general dislike of the head of the family to



take any responsibility on himself as to the health of his young family.

Other issues have come into the beliefs in medicines and especially into practice and modifying it to a great extent.

No one can state, with accuracy, when the practice of blood-letting commenced. It most likely commenced after Harvey had discovered the circulation of the blood. The physicians, never satisfied with the administrations of their minerals were easily led into doing anything else that promised relief from these errors. So, that when they received the idea that much of the blood could be taken away that was "bad blood" and good blood could be readily made again, all of them went to work with their lancets until the entire world was drenched with human gore. Not to be able to bleed was an evidence of the most dense ignorance and even the men who shaved the Knights and curled the hair of the ladies were soon adepts in the art of taking away blood from one part of the body or the other. When they could not plunge in the lancet, they brought up the leech from any point and set the little creature to suck out the "bad blood." Bloodletting was an art specially cultivated by the Allopathists and was never really given up until they had slain their millions of victims. In fact, it is yet advocated, taught in the allopathic colleges and advised in their books published in 1900.

The doctors and barbers bled for everything. Nothing was exempt.

Five, ten, twenty, thirty, sixty ounces of blood were frequently taken and in some places the rule stood "*bleed until they faint.*" And they kept this up as they are to-day keeping up the giving of their poisons and will keep it up as long as there is any one fool enough to take their doses.

Washington the first president of this nation was killed by an excessive blood letting and thousands upon thousands of others were bled to death by the self-assumed "regular physicians." The barber did not dare to kill the victim outright; but the Allopathic doctor was not afraid to do so any more than he or she is afraid to spay any woman or girl that they can induce to have the "operation" if there is money enough behind, to pay the "doctor" for his time and trouble. His *quid pro quo*.

It would take up too much time and space to tell of all the infamous practices of the "Allopathic" doctors and we could not do it justice in any one of the seven languages that may be at our command. They have done as bad as bad can be and are daily doing

the same things (murdering and poisoning the human race) only in a different manner.

In the matter of bleeding in some diseases, Morton states that he adopted the plan of bleeding in Scarlet Fever and in the same statement he asserts that he saw the deaths of THREE HUNDRED IN ONE WEEK.

Notwithstanding this murdering habit and the fatal results, we find that they still bled up to 1826 and that from the time at least of 1786 up to 1829 there was continued bleeding in cases of scarlet fever as well as in every thing else.

About that time, Huxham introduced a treatment of giving a bark decoction and the bleeding gradually dropped, because the people saw the fatalities that came from it.

The doctors themselves, so far as we have any history, have never relinquished any one of their stupid ideas until they have been driven to do it by the people themselves.

#### **Thomsonianism.**

In 1769 there was born in the State of New Hampshire, County of Cheshire, town of Alstead, a child who was named Samuel Thomson.

His father's name was John Thomson and his mother's maiden name was Hannah Cob. She was four years older than the father and there were six children in this family.

The parents of young Thomson were very devoted Baptists.

Young Thomson was often taken to the woods to assist in gathering herbs by a midwife and a botanic practitioner by name of Benton. This old lady was all the physician there, was within a range of fourteen miles.

When very young, Thomson became acquainted with the use of the herb Lobelia which he found by experiment. He chewed it up and swallowed the juice until he vomited. He called this the emetic herb.

When Thomson arrived at the age of twenty four years of age, he still remembered the use and action of Lobelia herb and he commenced to make use of it.

Thomson went to school for one month when he was ten years of age.

His father had need of him all the rest of the time and in his Autobiography, Thomson states that he had never gone to school until he was ten years of age; and then only for one month.

The hardness of his life and the severity of his father made a great impression on young Thomson. He said that if he owned a farm he would never plow it and if his father's Baptist religion

was to have such an effect on his father, he did not want any of it.

These facts are necessary to understand what course he pursued, with no education whatever, only the knowledge of roots and herbs and their effects on the persons who were sick. He cut his lég or foot when he was nineteen years of age and was laid up for a long time. But, when at the worst, instead of having it taken off, had a poultice of Comfrey root made and applied. This saved his leg.

By various experiences with the Allopathic doctors and seeing through their boasted "science," Thomson took his family in his own hands and applied his knowledge of roots and herbs.

When he was forty four years of age, he had perfected a scheme, which he had repeatedly tried, of steaming and vomiting the sick persons and as he expressed it, "getting rid of their canker."

One of the most remarkable verifications of the assertion that "history repeats itself" is found in the career of Samuel Thomson, this New Hampshire farmer.

Without education, training, medical teaching of any sort, only one month at school, nurtured in poverty and we may say it frankly—in the brutal, selfish belief that every one was doomed to eternal misery, except the Baptists—Thomson perfected the same scheme in a different manner—that the Romans had practiced more than two thousand years before.

#### EMETICS and BATHS.

That Thomson was the discoverer of the relaxant properties of lobelia herb, there is no question. That he "proved" the emetic qualities of this plant there is not any doubt. Nor is there any doubt about the correctness of many of his ideas of heat, cold, canker and the more important fact of the necessity of eliminating the effete material from the human system to bring the body to its healthy natural condition.

The regular school, always dishonest and false to every truth, have ignored this grand American discoverer and inventor and finally have swallowed so much of his teachings as they have been forced to do—without giving the slightest credit where it was due—to Samuel Thomson of New Hampshire.

Thomson's theory was that heat was lost on the inside of the body and should be restored by giving a stimulant. He asserted that heat was life and cold was death.

In all his practice, he used the native roots and herbs of America, and with such success that at last the doctors became so jealous of him, at his taking their practice away from them, after they had given up the cases. that, upon some trumped up charge, one

doctor by the name of French had him arrested and placed in jail where he laid for nearly the entire winter. He was cleared of the charge, but, it had the effect of opening Thomson's mind to the weakness and credulity of men, who, are ignorant and especially to the doctor's craft, who, when they find their business going to pieces will do any thing against the parties who are ready to really cure the sick.

Thomson left the legacy of stimulation, relaxation and astringent medicines to Americans and this knowledge has modified all the practice in America, and indeed the entire civilized world.

With this theory, there were many of the most intellectual who being well satisfied of correctness in results, took up Thomson's mode of practice. Many doctors also took up the practice until it seemed as if it would pervade the entire continent.

But, Thomson died. His followers did not have the books to explain their truths and in a few years the whole scheme fell into disuse and nearly into oblivion.

A handful of people took it up under the name of the Botanic Practice and founded colleges. Dr. Curtis of Cincinnati, Ohio, had one of the first of these colleges chartered by the legislature. Then came W. H. Cook who took charge of another one calling it the Physio-Medical institute.

Curtis died. Dr. Cook removed the institution to Chicago where it is now in existence under the name of the COLLEGE OF MEDICINE AND SURGERY.

Doctor George Hasty of Indianapolis, Ind. chartered another and this college is still in existence and has many of the most intelligent men and women in the world to become its graduates.

### Eclecticism.

Some of the brightest minds of the Medical profession, who have seen that good was in all schools, have chosen not to be held in by any creed or set of dogmas, and have styled themselves "ECLECTICS." Or as they claim, "selecting the good from all schools."

There was a branching off from the Botanicals of many of the more intelligent and perhaps the more conservative who took on the name of Electics. These physicians have colleges in New York, Chicago and in Georgia. At first they passed under the name of "Reformers" but at this time they are chartered under the name of "Electics." And with some errors, they are one of the branches of medicine that is to be esteemed for its adherence to truth and success in carrying out the designs of nature and in assisting nature in its work of healing the sick body. Usually the Electic is a very conscientious practitioner. Some of them

have gone into the mineral giving and this is to be regretted. But, as they really have no creed about this error, it seems to be the natural method of man to go, when left to his own thoughts. More especially when surrounded by the teachings and books of the Allopathic toxadminister.

Many of the most illustrious students in medicine have belonged to this school. They fought against the errors of the old school—with its minerals, blood letting and stupidity, and would not be bound by the creed of the botanics "*not to use any deadly medicine*" or poison. They asserted that they were capable of selecting the good from any and all systems. Among those who have worked most faithfully to build up this system of "Electicism" may be mentioned, Beach, Jones, Sherwood, Morrow, King, Newton, Scudder, and many others, all of whose writings have the value of coming from practical Bedside experience. Their industry has not been equaled on this continent.

### The Water-Cure.

From the earliest times we have accounts of the efficacy of the use of water, hot or cold, as a means of curing the body from its diseased conditions. Hippocrates as well as nearly all of the ancients used water as a method of cleansing the body. Springs at different places or waters of various kinds have long been held in repute.

In 1840 to 1850 Victor Priessnitz of Grafenberg, Germany, was the leading spirit in the use of water as a curative agent. He encountered the opposition of the doctors, from whom he had taken and cured some patients after the regularly constituted medical gentlemen had sent them, (with their mouths,) into the unseen world. Priessnitz cured them with his cold baths and the copious drinkings of cold water. Water was applied internally and externally.

In course of time, Water Cure spread to America and flourished greatest about 1850 to 1854.

The doctors could not stand this innovation and above all, they could not stand to have the common people get hold of any remedy which did not bring coin into their pockets. So they commenced to hedge the water cure people about by laws to prevent any one from practicing it in any way and by 1870 the medical profession had shut off all practice of water cure in the state of New York. New York had been headquarters for the water cure people and in shutting off the practice of curing people by water, in the State of New York, all other places were soon in the dark.

It is an unpleasant commentary on the weakness of the human race, that, as soon as the leader of any movement is gone, the common herd are at once ready to go back to their original wallowing in the mud.

Or to follow up any new movement that comes along. They will not have the truth in any fashion, unless they can have it without any thought and without any exertion. When it comes to laboring to have the truth, or, to search for it as if one was hunting "for a lost piece of silver," the great majority are too weak in the mental spine to open their eyes. It is easier to drift with the current, although the waters are muddy and they continually see their comrades and friends, swallowed up by the tide. They see; but do not heed it. And when their turn comes to go, they have no time to make any remonstrance and it would not do any good any how, because they have shut their own ears to the cries of the innocent victims gone before and their turn to go in the same swift, foolish manner is only an even turn about. Weak humanity. Wretchedness and misery enough to make the angels weep and yet they will not think for themselves nor open their eyes to save their own children.

In the latter part of the eighteenth century, Sebastian Kneipp, a Catholic Priest of Bohemia, Europe, gained an exalted reputation from his success with the water cure and his habits of having his patients return, so far as possible, to Nature and get the Magnetism from the ground by walking barefooted. His ideas were correct in the main and as he trusted to nature in a great measure and used such remedies as he found in the fields, his success was unbounded. He died about 1898 at the age of seventy years.

Water Cure is founded on truth and will be farther commented on as we advance. There are no colleges and very little is taught in any colleges about the use of water. But, in the hands of any mother or father or friend there is no one practice that is attended with such immediate success as the water cure. We shall endeavor to give particulars of this practice on every diseased condition, or to give such directions as will lead every father or mother to apply water in a rational manner to the sick.

### Spiritism.

In 1840, there was what was affirmed to be an exhibition of the "Spirits" at the home of the Fox sisters in Rochester, N. Y. After some years of experiments of different sorts, there appeared a set of doctors and doctresses calling themselves "Spiritualist doctors." Their success was variable, and they had many adherents. They seldom did any hurt unless from sheer ignorance of

the laws of **Nature** and they were better than the allopath, because they usually **did not** give poisons. Of course, these spiritual doctors did not **have much** education and were prejudiced in favor of their "Spirit." In view of the fact of their very favorable successes at times, we can only attribute their "practice" to obeying the law of **Nature** and not to any occult science or spirit in their behalf. As a class, they have passed into oblivion.

### Osteopathy.

During the last part of the eighteenth century, A. T. Still, M. D., a regular physician, stated that he had discovered a new idea in the practice of healing the body. This was laid down as being based on the fact that the human body was a "machine" which occasionally got out of order and needed some one to "touch a button" or to place some bone in the right place and when this was accomplished all would be well with the body and it could remain in sound running order until it became clogged up or some wheel bone or button, strayed from its pathway again.

With the aid of a good memory (and there is no doubt of his eminence as a surgeon,) he cured many cripples who had been left in a very painful condition by some of the Allopathic surgeons. That Still performed many wonderful cures, cannot be denied. His fame started and he established a college of Osteopathy at Kirksville, Mo. The graduates became adept bone setters and manipulators of sprains, etc., etc., and have done a wonderful amount of business along the lines of bonesetting in almost every state in the union.

The mistake in Osteopathy is this:—

Dr. Still bases all his treatment on the assertion that a bone or tissue is out of place.

So long as the bone, muscle or tissue is out of place and it can be replaced, this will be found successful.

When any case comes up as a disease based on the death of the blood corpuscle or a change in the fluids of the body, Osteopathy is not capable of explaining itself. It is lost.

The human body is no more a "machine" than a tree or a shrub is a machine, or than an oyster is a machine. All organized living creatures are endowed with specific vital force, each one having this force in a particular manner specifically endowed by and with himself, herself or itself. There is a personal, positive, peculiar Force called Vital in every human body. In every organic life.

To undertake to "touch the button" in relation to diseased conditions, unless some tissue or bone really is out of place, will be use-

less. To change such conditions of the fluids of the system it will be necessary to treat the fluids of the system.

No one can deny that the Osteopaths have done a remarkable amount of good among all classes of society and that they have a wonderful knowledge and teaching about misplaced bones and tissues there is no denial. Besides, they have abjured giving all kinds of drugs, which is a long step from the murderous, poisoning allopathic mercury giver. The Osteopath should be encouraged and patronized for all of his good points. Eventually, in the treatment of diseased conditions, they may fall back on the giving of drugs the same as any other practitioner and then there will be an end of Osteopathy.

The reasons why the body is not a machine may be briefly stated to be these:—

All machines must have power on the outside to run them. That is, the power that runs a machine is always on the outside of the machine.

The human body carries its own power with it (inside) and is continually under the influence and guidance, supervision and government of this power within. This specific Vital Force, this life power or this spirit which has built up the body and keeps it so far as it has come along the road of life, will one day leave it and then this body, proves that it is not a machine, by being incapable of being restored to any action whatever. The Spirit "goes to God who gave it." And all the "touching the buttons" will not avail anything to bring the life or spirit back again into this body within which we dwell. And it is only a house of clay inside of which we have our home for some years. When the governor of this house of clay leaves, we cannot even use any part of the machine for any thing else. It will be gone into the state of the unknown; no machinery about it.

#### Christian Science.

In the middle part of the Eighteenth century there lived in the State of Maine, a physician by the name of Quimby, who entertained ideas of as to how far the mind could control the body, or, as he expressed it, "mind over matter."

Among his patients was a woman by the name of Baker, who thought she derived much good from his presentation of facts on what seemed to her to be her troubles mentally or physically.

Quimby died. Mrs. Mary Baker took up many of this Quimby's ideas and presenting them under the name of "Christian Science," writing books, explaining her views and beliefs, has induced



(according to their representations,) more than one million of followers to adopt her ideas.

They have churches, healers, writers and all sorts of education along the line of what they are pleased to term this "Science".

The main assertion which Mary Baker Eddy puts forward is that "God is all in all," and if so, there is no room for anything else and therefore we do not have any evil nor any sickness only what is in our minds. That, by believing a thing, we have it and make it so.

Of course, any one who has any thinking faculty, can see that this basis is erroneous. And what is called "Christian Science," is really a set of gauzy lies. Science should mean exact truth. In this jumble of words, we have only one truth. That one truth is that the common drugs used as medicines are not good for the body. In this fact, Mary Baker Eddy, as her teacher, Dr. Quimby, is correct. Poison drugs (mineral or vegetable) are not good agents of any kind to place in the body. They cannot possibly do any good and we may be sure they will do very much harm in the body. The common people have become so sick of the drugging and cutting of the doctors, that they turn any way for relief. Mary Baker Eddy's formula that "God is a principle" catches these parties—they are sick of the doctors and of the drug stores, and they let alone their drugging and get well.

They have found that the farther away they keep from the "allos paths" mineral doctor the better off they are, and like the ones who flew to the aid of homeopathy, they welcome any thing that will get them away from under the influence of the tox-administer doctor.

There is nothing Christian in Mary Baker Eddy's assertion, unless it be the name.

As for Science, there is none. The whole fabric is based on a play of words and wrong ideas about the body and the power of what is called nature, or in other words—the "VITAL FORCE."

Mary Baker's ideas will last as long as there are simple minds who desire to get away from the drugging and who will not look at the truth or do any studying for themselves. This large class of persons will always be found on the side of any thing that seems to lead out of a wilderness of drugs, poisons, spaying, ergotism and drunkenness. (Drunken in their own blood as with sweet wine.)

Although the Allopathic physicians have tried to ignore the fact, it remains a fact that hundreds and perhaps thousands of persons who have become tired and weary of obtaining no relief or satisfaction from the "drug stores and doctors," have left them entirely

alone and become sound and well under what are termed the beliefs of this "Science." The facts are, that when we trust to the powers of nature, we shall never become deceived by Nature and when we go to drugs and poisons we shall be continually deceived, is one great fact that the allopathic doctors cannot help admitting. Christian Science will gain as long as the medical colleges teach the student that the people have no right that they are bound to respect and as long as the intelligent person sees the bodies of those he loves and cherishes, torn in pieces with their knives and hooks, rendered insane from their shibboleth and the practice of "The most virulent poisons are the best medicines."

It may appear strange that so many educated persons should run into this delusion. But, if we reflect that the boards of health and all positions of honor or profit are held by this poisoning class of doctors and that it is impossible to have even liberty of conscience while one dwells among them, and that our dead are not allowed to die in peace away from their officiousness, and that their poison certificate must be signed to every death, and that even burial is denied to any who will not employ them, then we can no longer wonder that any source that will render a loop hole to get away from these poison devils of the last four centuries, the Allos pathos doctor, is to be welcomed.

Mary Baker Eddy's Christianscience is not either scientific nor Christian in any thing only the name. But, if any one has to take a choice between a fool that gives one the liberty to think and the one who poisons the body of the mother and robs the child, the class of mercenary animals that sell every particle of humanity for a mess of blood pottage, then we cannot blame the ignorant loving ones from selecting that which will not drug the mother and assassinate the child.

We are not denying the personal goodness and the intense sincerity of some of the doctors who have been educated allopathically. But, as a class, at this stage of the world, we find them just as bad in practice and even worse than in the darkest ages of the earth. No history can exhibit more monstrous laws than those which compel a man to receive Syphilis, and all the train of horrors which this disease entails, into his blood and into the veins of his children and call it by any name (vaccination) or protection. It is blood poisoning no matter under what name it passes. The twin poisons of the fifteenth century—tobacco and syphilis are intensified in the nineteenth, by the laws made at the instance of these Molochs of the human race, the allopathic doctors. The parents destroyed by poisons—the children robbed at birth—poisoned

before they are allowed to enter school and pursue their studies; this republic will soon become worse than the most despotic monarchies of the old world.

That the entire race is looking away from the doctors and that drugs have failed to cure the victims of disease, is evidenced by the flood of curative agents on the market. One has only to examine the long list of offerings to sick humanity to feel satisfied that we are in the midst of a genuine stampede from the old poison givers of the past four hundred years. Their time has come and although they are dying hard with every lie in their hands and although they have control of all the butcher hospitals in the country and all the positions of honor, emoluments and perquisites, yet the estimation of the public, classes them with the ancient priests who used to smile at each other as they passed in the streets.

Knowing that drugs and doctors are failing continually and that none of the Allopathic poisoners can do them any good, and feeling the obvious lie that is placed in the foreground by the homeopath, the world has sought every thing in sight. Groping its way in blindness after some law or truth by which it can regain its lost condition of health. For this reason we find "Welterism," Mental Science," Faith cures," Divine Healing," Omnipathy," and hundreds of other pathies and isms which have nothing but assertions and unblushing falsehoods to recommend them to any ones' use. But, when the man is sick—and his doctor fails, he is in the condition of Lazarus—the dogs can come and lick his sores. What is needed is the law and the testimony that will give the sufferer all the chance there is to become well and strong. Drugs cannot cure the sick body. Nor can they do any good. It is Nature herself who will restore the body to its pure condition, if we will furnish the Vital Force with nourishment, and proper care in protecting the body from the inclemency of the weather and the vicissitudes of the climates we are dwelling in.

To prevent the parents from being more enslaved by ignorance and designing cupidity and to assist in freeing them, with their children from the erroneous beliefs, and to present the truth in a practical manner, so that their errors can be seen and in order that every parent may have the knowledge of how to take care of wife and his growing family, without the intervention and domination of the tox-administer and to free every thinker from the curse of ignorance, this book is written and offered for the perusal, study and guidance of the English speaking race—whom we believe to be the Descendants of Israel.

## SCHEME OF LIFE,

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**Principle 1.** Inside of an Atom dwells the Force which actuates and builds up all various structures that we call Organic.

If this Force is absent, the Material part of the Atom may be there and is there, but the Living, immaterial, innate, invisible Force that we call Life, that has Wisdom, Intelligence, Capability, Design and Desire to work, in fact, has orders to do something, this Force cannot be called back or put back by any human power. It is gone. Nor by any chance can it ever get back to an atom.

**Pr. 2.** When the force has left or abandoned, or, is gone out of this atom, then this force leaves the atom for good and goes away where we can never again expect to meet it (gone to God who gave it.)

**Pr. 3.** As long as this force dwells inside the atom, then we can expect any reasonable work from the force dwelling in the atom. It can make and take other atoms to itself. Can build up the mighty oak, the bean, everything organic on earth, can wield other forces that are very much different to this one force, that we call VITAL and can perpetuate itself, while it is in this atom. No more perpetuation after the life has left.

**Pr. 4.** Once it has left this atom, the house of the atom, or the atom itself can no longer be of any service to any thing else, only so far as materials may be used up by some other atom or at some other spot, become integral parts of some other atom.

Apparent proofs that these assertions are correct:—

**Pr. 5. a.** When the force is driven out by heat, cold, boiling, baking, or, by opening or puncturing, by annoying or by the presence of Antagonistics (Strychnine, Arsenic, Belladonna, Potash, etc., etc.) It never acts any more nor shows its presence by any action. It is gone.

See the bean, corn or any kind of plant, seed, or any germ that may once be possessed of life and loses it, never again recovers this life.

**Pr. 6. b.** When this atom, with life dwelling in it has appropriate surroundings, then we may expect to see the indwelling force act in the most harmonious manner for the benefit of all parts concerned. Building or preserving, or, fulfilling its task in the most perfect manner.

**c.** There is never any mistake with the force dwelling in the Atom.

Whatever it (the life, or indwelling force,) was sent to do—that it will do.

If it had orders to **make an** oyster, it would make (if the environments were perfect, or, **any** where near perfect,) the best kind of an oyster.

If the force had orders to make the man, if it had good surroundings, it would make up the best kind of man.

Pr. 7. d. If the force dwelling in this atom, did not have the proper material to make up these beings, plants, or growths, then it would do the best under the circumstances. But, in all cases it would follow out the law given to it under the best of its conditions.

Pr. 8. e. Plants, animals, all kinds of animal or vegetable growths, are made as near perfect, as can be made under the conditions which surround this atom.

f If anything is imperfect, it is never the fault of the force dwelling inside of the atom, but is the fault of lack of materials or improper materials, or lack of proper surroundings that should accompany the atom, or, were designed to surround the atom to have it perpetuate itself and to bring the future successor to perfection.

Fig. 1.



Pr. 9. Every force is obedient to one central force which must be like itself, having the same ideas, same intelligence and same desire to work along the same lines and for the same objects. But now, no force dwelling in some other atoms will obey any other force dwelling in some other atom outside of the body.

Pr. 10. What we assert is this: We can see the outside or, the visible, material part of this atom. It may have PROPERTIES as of transparency, softness, hardness, etc., etc., which we can see.

But the inner inhabitant, or force dwelling inside of this atom, we cannot see. Therefore we say the atom is material. But, the dweller inside of this atom is immaterial because we cannot see it: The atom or cell does not live of, or by itself. The force causes it to become living. Therefore living matter contains this force. Matter, of itself is dead. The Vital Force makes it alive. When the force is inside of the cell, we call it Living Matter.

When the force has left the material atom, we say,—“it is dead.” That is, there is no more Life Force—no action—no growth, no consciousness. All gone. Dead. The atom, materially, may be there, but when the Life Force is gone, the atom, the body is dead. No life, no action, no knowledge, dead.

Pr. 11. While it is apparent that every action in one body is obeying one force, yet, in other circumstances it might appear as if other atoms could be brought under the same force. We see the jack and mare unite to bring forth a mule. The two parties being unlike. So we see that apple tree limbs can be grafted on other kinds of apple trees and bring forth fruit. These atoms may differ in a measure, yet be tolerant of each other. Some kinds of nourishment may be assimilated.

The spur of a rooster can be successfully transplanted on the comb of the bird and grow there to greater proportions than where it was taken from, because better supplied with blood atoms, or, nourished by those atoms. But these exceptions are only apparent.

The mare receives and nourishes the germ from the jack and brings it forth. But the mule never can breed with other mules or with anything else. It is imperfect, and God said it should not be done.

The “FORCE” from the jack had orders to build up a jack “after his kind.” But in the ovum of the mare, there was not the proper nourishment to build up a jack. Or a jenny—and with the material at its command, it (this force) built up a jack or jenny. The thwarted and imperfect product was a mule.

The force keeps the mule alive. But God says not to allow any more and the force obeys the God. No more mule. When the mule dies, life is not perpetuated. It is dead.

(Wherever we look and see the disobedience and disregard of the laws of God, there we shall see the opposite to ideas that God has inculcated or taught as best for the welfare of the human race.

The states of Kentucky, Missouri and Texas are the places where this “diverse breeding” is carried on largely.

Perhaps we should call over these states in order, and state which one was more largely engaged in this breeding of “diverse” gender of animals.

No matter to which we look, we find that of all the States in the Union, there are no three states and no separate state that has as much crime and lawlessness in it as in these mule raising and “diverse breeding” areas. Wherever we find these Laws of God,

broken in any particular, there we find the complement of crime following and dwelling with it. Missouri, Kentucky, Texas.

We do not assert that, the breeding of mules is a cause of crime. We assert there that wherever we find the Laws of God disregarded, we shall find crime on the increase. The home of the criminal is where the Laws of God are ignored. The lower in the scale of obedience to the Laws of God we find humanity, the lower we find the morals of the people. When any one desires to have all the laws of life separate from any religious views, or teachings, we have only to examine the places where God's Word has been ignored and trampled on.

The home of piety with saints, images, crosses, priests and holy water is where the bull fights, assassinations, the Inquisition and cruelty is the Law. They have no knowledge of God, neither do they have knowledge of His Laws. So we find them cross-eyed, immoral, scrofulous, feeble-minded, arrogant and debauched. It only takes a moment to go over the whole world to examine into these particulars, but when we once open our eyes to the truth, God will give us all we care to see, "He giveth liberally and upbraideth not." James i, 5.

Wherever and whenever we find the laws which have been given to the world by the great Jehovah, set to one side, we find the people in degradation and in ignorance and the greater mass of them in poverty and distress.

Spain, Portugal, the South America dependencies are examples. Ireland is another. Italy, so long as it was under the influence of the First Beast, was in the same condition.

In these countries the Bible has been put out of sight, burned and not allowed to the common people. And these are places that are conspicuous by the absence of comfort, thought, morality or elevation in the scale of humanity.

On the other hand, in America and in England, where we find the freedom for the Bible and reverence, even partial for the word of God, we find the comfort, thrift, intelligence, that are no where else found on earth. These are not accidents. They exhibit the regular course of Natural Law. Cause and effect.

Restrain the Bible and we have an ignorant populace.

Place the Bible out of sight, with its teachings of the laws of cleanness and uncleanness, and we find the people are sickly and ignorant. Persons who are afraid that the people may read and understand the word of God, are tyrants and despots. No thought which is pure and kindly in its teachings can ever render the person less wise, kindly or healthy.)

Leviticus xix, 19, "Thou shalt not let thy cattle gender with a diverse kind."

If we are right in our ideas, then no man desiring to have the favor of God, can breed mules and use them with any confidence in having success with or the best results with his work. The best ultimate results.

Fig. 2.



Fig. 3.



Figure 2, represents the second atom having been made up by the Force that is indwelling in the atom and has joined this second atom to itself. There will be two atoms, but joined together, the second part having been made and occupied by the first and only force that has dwelt inside the first atom.

Figure 3, represents a number of atoms that have been made of material that has been furnished by some intelligence and appropriated by the force dwelling in the first atom.

Pr. 12. The greatest and most positive proof that each set of atoms are made, brought into existence by one force is in the fact that no one has ever succeeded in transfusing blood from one person into another person and have the blood do the taker of it any good.

Now, if it were the fact that these atoms of blood were the same or, would obey any sort of a "vital force," or, if it were the fact that there is no law but the one of chemistry, that so much carbon Oxygen, Hydrogen and so on, were all that would be needed to make up the atom or the "Protoplasm," then we would have the corpuscles, assimilating to any kind of a body, and making themselves useful in any old way.

But, they won't.

Being torn, taken, set apart, from their original, specific vital



force that made them, they are "all strained off by the kidneys or otherwise" after being sent out from the body and do not become of any use whatever in the body into which they have been transfused. Why?

Because they do not recognize any authority, other than the one who made them up to be corpuscles. They recognize nothing else. This fact alone should have made every surgeon an ardent advocate of a specific vital force, if they had been searching after the truth. But, the surgeon is not searching after truth: he is after what money is in these diseased bodies.

The same force has made up other cells, houses or dwelling places for the force, although the force that made the first atom, is just the same—no weaker or stronger nor any changed in its life work, than before it had more than one small dwelling place in the first atom. But it has more material.

Pr. 13. When the vital force reaches out and fashions a new atom from the materials near by or contiguous, and this atom or cell is formed, the Force then dwells in the second atom or cell, just as it dwelt in the first atom or cell. Both atoms contain the same force but with increased matter under control of this force.

The Force is the same, but it has an increase of material under its control.

After there has been work or activity of the Vital Force (when the environments have been correct) we may find many cells or atoms joined together, forming a line of cells or atoms.

This line has the same one Force, but increased material with which to act or to live in. The force has not accumulated this material but has fashioned material to become "LIVING MATTER."

In other words, the Force which dwells inside of the atom, disk, cell or corpuscle, this Force, invisible, sentient, mechanical, designing, planning carefully, fashioning perfectly does, by means of the material which is next to it, all the work that are called building repairing and keeping in order, all tissues of every organic structure on earth.

Pr. 14. It is apparent that all the atoms dwelling in one body have been made according to one force, which force was transmitted by the male parent and nourished by the female for some part of the time, or, nourished by the eggs from the female as in case of fishes, spawn and the fecundating material.

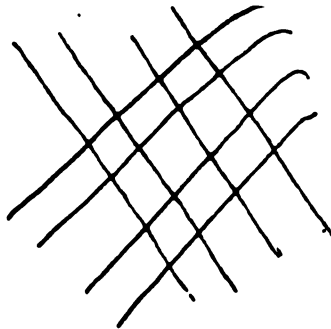
Pr. 15. I was informed some years since that a healthy, human spermatozoon had already twelve distinct kinds of tissue. This could be possible, because, after the line had left the testicle to

pass upwards into the Seminal Reservoirs, it could have taken on itself other atoms and thus have become much elaborated from its first appearance in the testicle or, when first set free from the line moulds in the testicles.

This elaboration also accounts for the manner in which racers and blooded stock are looked after.

Pr. 16. A mare is kept up as long as may be considered to be good for her body, a year or so, and the stallion is likewise kept apart and fed well, properly exercised in a manner that will keep him in the best of order and, when there is heat and preparation on the part of the mare, the two are mated and the result is the most perfect of the horse species. In this case, all these delays and preparations are taken by those who breed stock. Why should not some of this care be employed on the still more valuable human race? The result of this delay, care and design is the breeding of an animal in its most perfect conditions.

Fig. 4.



Drawn by Melville C. Kelth, M. D. Illustrating the "Scheme of Life."

Where was this colt elaborated? In the testicles or in the Reservoirs of the male. We say it was elaborated in the Reservoirs of the male, and, when it was sent into the egg, then it had one of the most perfect of eggs and the result was perfection in the offspring—the horse.

It is reasonable to think that the longer this spermatozoon could stay and become perfect the better it would be. This proves to be the case in the stallion and mare.

Pr. 17. When a number of these lines cross each other or, are joined to one another, we call it "naked living matter." This is also called a "White Blood Corpuscle."

The same force is present and at work, that dwelt in the original cell, but has increased material or has a larger and more elaborate dwelling place.

Pr. 18. If these atoms have the life dwelling in them, it is sure that nothing that drives off or destroys life can assist them.

Pr. 19. This must be the fact. If a person has some diseased condition, we should conserve the life and change the condition. This can be done by changing or cleansing the surroundings of the atom. But, not by killing the other atoms surrounding the atom.

Pr. 20. In case of Fevers, where all the mass of atoms are struggling to free themselves from foreign and useless materials, we find that cleansing the body is the best means of getting rid of this struggle—the fever.

Pr. 21. So with every other condition. Cleanse the surroundings of the atom and give the force an opportunity to dwell there and rid the atom of its impurities.

Pr. 22. How very stupid to give or to use poisons in any manner to cleanse or attempt in any way to assist the vital force that is dwelling in the atom; if it is really dwelling there.

Can we doubt this? Does the life power dwell in the germ of the acorn? It must. Or the future of the chick in the yolk of the egg? Certainly. Or the future bean in the eye? Or the life of the pumpkin seed in its germ? And so on throughout all the realms of nature?

Then must the life power be dwelling inside the material tissue—we call an atom.

The atom itself is not living. The force inside that has built up the atom, is the Life. The acorn is not living, the force dwelling in the acorn is the life. It is the force, the life, the spirit inside the atom that is life.

What can really be this force? This life? It must be INVISIBLE to our eyes, INTELLIGENT, powerful, and have design and order.

It must be subject to some other power or force behind or above or with it in every moment; or, else it must have received these orders in such a manner that the orders are not forgotten and are never, in any manner, disobeyed.

Pr. 23. This force must be the same in all instances, or, must be familiar, or at one with the origin of this force in everything, especially the things, animals, plants, birds, beasts, fish and all subject to one kind of knowledge that runs through the terrestrial affairs as well as through the stars in their courses.

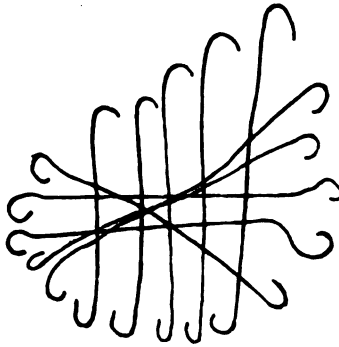
Witness the fact that a duck takes twenty-eight days to hatch an egg. It takes twenty-eight days for the moon's changes and twenty-eight days for the menses of the woman to appear.

A hen has twenty-one days to hatch out its egg. It takes twice as long (forty-two days) for the bones to knit solidly. These examples could be multiplied indefinitely—all tending to show that

one mind or one force pervades the universe. It takes just ten times as long to have the human being nourished and sent forth, as it takes a turkey to hatch, twenty-eight—two hundred and eighty days, the time usually for the child to remain in the womb.

Pr. 25. This force exists without the material covering around it. Witness the fact that one small spermatozoon can take on enough flesh and blood, bone and sinew to last until one hundred years are over and then be a living, breathing animal.

Figure 5.



Drawn by Melville C. Keith, M. D., to illustrate the "Scheme of Life."

These lines show the preparation for changing. The ends are turning upon themselves. Very soon we shall find a continuation of this turning and "condensation of the outer wall" and it will be no more naked living matter but will have transformed this living matter into a "Red Blood Corpuscle."

To accomplish this transformation these lines "must condense on the outer wall," which is accomplished by means of taking in the oxygen from the air.

What takes it in? The atom nor the lines cannot take it in. But the Vital Force takes it in, using the cell or atoms or lines to absorb the oxygen. The Vital Force condenses the material lines which we find in naked living matter.

What took on this nature? The animal itself? No; in no case could this animal do it. But the living Force dwelling inside of these Atoms or one Atom, when it was first made into a line, could fashion all the other organs and build them up so it could form the body for something else to dwell in.

Pr. 26. The same care, the same perfectness is exhibited in the Force in the acorn growing to perfection in the oak tree and here, we assert, there is no soul or anything above itself. Yet, this invisible, powerful Force will make up the tree as perfect as can possibly be imagined, if its environments are satisfactory.

Pr. 27. Place a bottle before you and pump out the air. Cork it up and seal it up.

If it should remain ages upon ages, it would still be a bottle without air. Place an acorn before you and dissect it. You cannot find anything in it except the space where some invisible Force may have staid. Yet, in that supposed empty space there dwelt all of the mighty, powerful, intelligent, designing, working Force that would have built up the mighty oak tree with its millions of leaves and other living acorns, if you had not dissected it. But, the moment you cut open this home of the Force, this receptacle of the Force, and this invisible Force was gone into space never again to return while you are on earth.

You cannot see anything in the bottle, having pumped out the air.

Pr. 28. In the receptacle of the acorn, you can see nothing. To your eye, the empty bottle and the empty receptacle of the Acorn are the same. But there is something different in the case of the organic seed or empty (supposedly) space where the Force had its dwelling place. Something we did not see. Something that had power and Force behind it; power to build up and to assimilate and to propagate itself through and by means of life power. Life power must have been there to have been capable of having transmission.

Therefore, with these facts before us, we are warranted in asserting that this Force dwells inside of this Atom, this empty space in the Atom and there stays and dwells and lives until the fiat comes from somewhere that it is time to go to work.

Then to work it goes and builds up the oak tree according to the surroundings which are there for it to work with.

#### PRACTICAL CONSIDERATION:—

Pr. 29. If there are meagre surroundings, the oak will grow small, stunted and soon die, if not nourished.

If your child has not the proper surroundings, you may be sure there will be a meagre growth and soon death of both body and mind.

From conception (from a hundred years before conception,) until birth, this child can be trained for the better and more perfect, arriving at perfect manhood or womanhood.

Pr. 30. But, in every case, the Force is just the same. Perfect, powerful, invisible, designing and wonderful in its strength and lasting ability to act, if its surroundings are only right.

Pr. 31. Professor Jacob Redding, one of the most eminent Microscopists on earth says: (page 66. *Physiology: its science and*

*philosophy.*) "Let us regard Vitality as a condition of a specific form or combination of certain material substances, which it is; then let the matter and superadded something compose the essential relations to the manifestations of force or energy, and we will not be so apt to confound the functions with the actuating impulse as we otherwise are so very much disposed to do."

But we do not accept this reasoning in any manner whatever.

The Vital Force or Vitality is a specific Force invisible, powerful, designing, working, obedient to some other power beyond us, dwelling inside of the organic cell or wall around it and when once this wall or this cell is satisfactory, then we see the result in the oak, or in the man, or, in any other form that this force may have orders to build up, or to manufacture, if manufacture (to make with the hands) is allowable to the force that works without hands until it has made hands to work with. This is our idea of the Vital Force. It is NOT A CONDITION: but is the "*superadded something*" A Force, intelligent, sent from God.

Invisible, powerful; dwelling inside of some receptacle or cell or in some atom (or what we may call an ATOM for want of a better term,) a dwelling place, and thus this Force just fills the word of God when it said:—

*"Not by might, nor by power, but by my spirit saith the Lord of hosts."*

Pr. 32. Therefore, we assert that in this atom dwells this Spirit of God and this Spirit from God has its dwelling place in side of this wall, or in this cell or atom.

When once this is acknowledged, we have the whole scheme of life plain before us, because life came from God and when it (this life force) has accomplished its mission, goes to God who gave it.

Read Zechariah iv, 6 and see what it says. Spirit and Life are one and the same thing.

Pr. 33. Not by OXYGEN, CARBON, HYDROGEN and all the "specific forms" on earth or outside of the earth; not by powers of any or all kinds on earth, but by "MY SPIRIT" saith the Lord of hosts. And so it is, and so are all the wise of earth confounded with the wisdom of and from God.

Pr. 33. Neither does the Professor make a good point in his final ending, quoting Paul as saying:—

"All life is not the same life. There is one life of men, another life of beasts, another of birds, thus inculcating the fact that the term Vitality or Life is a generic term of which there are specific forms, and that each peculiar organism possesses its own potter or controlling power." (Page 165. Op. cit.)

What Paul **really** says, may be found in the first of Corinthians, chapter xv. verse 39.

And this is **the way** it is rendered.

"All flesh is **not** the same flesh: but there is one kind of flesh of man, another **flesh** of beasts, another of fish and another of birds."

Pr. 34. We submit that life is not flesh. Life may make flesh. But flesh is **not** the life.

Pr. 35. Life is the immaterial, powerful, invisible, designing, working force that dwells inside the atoms making up the flesh and makes this **flesh** from some other lower form. It is not flesh that makes life. It is the force inside, invisible but powerful, that makes the flesh. That builds up the tissue that we call flesh.

Pr. 36. In short, which ever way we may turn, we see the results of workings of this force but no one has ever seen the force.

We know it is there and in us, just as we may know anything else that cannot be seen or felt or tasted or handled. It is. We know it. If we understand it we are happy in understanding of God's greatest laws. We understand that:—

*"It is not by might nor by power, but by my spirit, saith the Lord of hosts."*

Pr. 37. We now come to what may be considered the greatest discovery, if it is a discovery, of this century.

Where does the second or next atom come from?

To simply mention to our readers the many ideas that have been handed down by the medical men and the whys and wherefores of this scheme of life, would be to publish volumes.

We will say this:—Many physiologists have declared that red blood corpuscles separated and became two, in place of one corpuscle and this has been illustrated, published and called "Mitosis." This is wholly erroneous.

Others have called this making new atoms or "protoplasm" "the regeneration of plastidules."

And we have assertions without number, together with the chemical ideas that all life is chemistry and that five elements, namely: Carbon, oxygen, hydrogen, nitrogen and sulphur, were the agencies that cause "life" to appear.

But we know better. These elements are used by the living power, the vital force but they are simply the THINGS used and have nothing to do with life.

Pr. 38. The life force or, the vital force, can and does use up and change the conditions of these material atoms or substances, but in no case do these substances change the vital force. This is one and the same force always and forever.

## KEITH'S DOMESTIC PRACTICE. PLATE I.

### Illustrates the "Scheme of Life."

FIGURE 6.

Drawn by Melville C. Keith, M. D.



Perfect Red Blood Corpuscles. There are 25,000,000,000 (estimated) of these corpuscles in the human body.

These are the Builders, Nourishers, Repairers, Scavengers, Oilers and Caretakers of every tissue in the body. They build up the brain, the eyebrow, toe nail and furnish liquid for the eye. They assist in digesting the food and they knit the bones together. They are servants and dwelling places for the Vital Force that has built them up from the beginning.

FIGURE 7.

Drawn by Melville C. Keith.



The lines are shown running from the outside wall to the center. This has never been seen by the microscopist, but some similar action must take place in the transformation from naked living matter to the Red Blood Corpuscle.

FIGURE 8.



Drawn by Melville C. Keith, M. D.

Figure 8, is placed, as illustrating the difference in Corpuscles according to the nourishment. Figure 7 may be taken as a healthy Corpuscle. Figure 8 may stand as an enlarged, engorged, imperfect and bloated corpuscle that has been fed on unclean food, Beer or Tobacco. It is imperfect, because the Force did not obtain the proper material to work with.

Beer, tobacco, hog meats, coffee and tea are wrong materials to place inside of the body. as nourishment. The Vital Force cannot make good sound blood corpuscles of imperfect or unsound materials. To have good corpuscles, there must be pure air, clean water and proper food.





We can never change the action of this vital force by any agent of ours. We can never make an oyster to grow to be a man.

No power on earth can make a man to grow to be a mouse.

The force that grows up the body of each and every other organic growth on earth is always separate and distinct, transmitted from parent to child and so on throughout the ages. The force never changes in itself. It may grow a larger production, if the elements are bounteously supplied, but in no case do these separate forces ever change to become some other force.

Each individual has this force transmitted to himself or herself and no one can take this force or appropriate this force to build up his or her own force. It is always separate and distinct.

Pr. 39. The vital force—the life power—the spirit from God, uses these, C., O., N., H., and S. elements but, because this life power uses these elements, it is not a proof that these elements have anything to do with life.

Pr. 40. Not a particle. And so falls all to the ground in one heap, all the erroneous assertions of Hæckel, Helmholtz, Darwin, Elsburg and all the rest of the whole infidel tribe of so-called wriggling scientists before this great truth, that this work is “NOT BY MIGHT NOR BY POWER, BUT BY MY SPIRIT SAITH THE LORD OF HOSTS.” The transmission of the force.

Pr. 41. And, it is by the spirit of God, and from God that life is and there is no such thing or entity or any thing only as from God. The spirit, life or vital force is only sent or loaned from God,

Pr. 42. The question therefore arises, what does make this second atom?

We assert it is made as was the first atom by the same innate life power which commences at some point and makes up another atom and then and there this life power goes into this atom and inhabits this atom. When this is accomplished, the atom has the same kind of life that the first atom had and is a part of the first atom but may be, in time, thoroughly independent of the first atom.

We can see this in every thing we examine.

Pr. 43. The first vital force places a part of its life in the germ of the acorn, and when it drops from the tree, because it is ripe, then and there it is independent and free to conduct its own orders direct from God who gave it and when it gets through with everything on earth then it goes to God who gave it the first time. He made the oak to grow and brought forth every living thing on the earth that was planted with life in it, on the great third day that is so tersely described in Genesis I, verses 12 and 13.

Pr. 44. We have made a diagram after this..second atom has

been made by this life power and joined to it so that the two atoms constitute one single line as they are joined together. (Figure 2.)

Other atoms may then be made, if there is nourishment enough and we have finally a LINE which is or may be composed of these atoms.

Pr. 45. When our line is full, or so full that it is ready to become an independent line, then we may have the other lines formed by the same one Force [that we have spent so much time over] and these lines when they have gone together, form what is called "Naked living matter," or, the "white blood corpuscle."

When this is formed, if examined by the eye of the smartest microscopists on earth, they tell us that no one can tell the difference between one kind of a particle of living matter and any other kind.

Dr. Beale, who is without doubt, one of the highest authorities of the world, in any school, writes:—

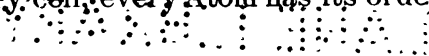
*"I have shown that even with the aid of the highest powers of the Microscope no difference can be discerned between the bioplasm from the cell, or elementary part of the highest organism at any age or period of developement, and bioplasm of which the lowest, simplest being in existence is composed. A minute particle of germinal matter of an ameba could not be distinguished from a portion of pus or mucous corpuscle or white blood corpuscle."* (Disease germs, p. 246.

But we can tell them that all life is but the Spirit of God and from God and this occupant of an atom has its orders what to do and therefore, no matter whether they could or could not tell what kind of atoms there were on the outside, yet we know that every atom has its fill of life from God, or Spirit from God and this Spirit has its orders and never makes any mistake in making up its future work into the form and combination that God has given it orders for. God never makes any mistake, nor can this Spirit ever make any mistake in any of its work.

Pr. 46. Your head is placed on your neck, or, on your shoulders and if you will use that head and the brains in it, you need never be sick, or diseased or ever lack a crust of bread to eat and something to cover you from the inclemency of the storm.

Pr. 47. God has placed plenty of brains for you and me, my good friend, and if you will not use those brains then we may be sure that some one else in this wicked world will use their brains to make us do something according to their ideas or fancies and we will become slaves. When we are slaves, then we are in the power of some one else and have nothing to do with our own guidance.

Pr. 48. Every cell, every Atom has its orders what to do. You



have orders to supply that cell and that Atom with good food, and good nourishment and if you do not think you have these orders get out your Bible and read in the Book of Laws (Leviticus) where some foods are clean and some are unclean and then study if God sent those laws and rules to his chosen people for the care and keeping of their bodies in the very best condition, those laws would not be for the very best for all people all over the world. We tell you, yes. When God made the swine (if he made them) he said they were unclean and if they were unclean at that time, so they are unclean at this time and will always remain unclean.

Pr. 49. If this is the fact (who can deny it?) then, if you furnish your atoms in your body with unclean food or unclean drink it follows, as a fact and as a Law, as a needed sequence, that this second Atom will be built up (if it is built up in any manner) with unclean food and if built up with unclean food, it will be unclean and unhealthy. Therefore, while this second Atom will be built up with unclean food by the same kind of force and living power that could build up and would build up, the better Atom, (if it had proper food) it cannot be built up with unclean food as well, as cleanly, or as strong as if this living power has good, clean and appropriate food that God intended for this Force to have, when he sent the body into the world.

But whether unclean or clean, this second atom is built up by the same force that was in the first atom. It can be joined together or, as in the case of the acorn, it can become independent.

When once it becomes independent, then it can form an independent atom and go off with its own work.

Pr. 51. If this second atom stays with the first atom we have the two atoms in one place as in figure 2.

Pr. 52. When these atoms increase or, when the force has built up these atoms in a line, then we have the line as in figure 3.

Pr. 53. And, when these lines are filled and come together, then we can have what is called naked living matter or a white blood corpuscle as in figure 4.

Pr. 54. Then under any circumstances where it is needed in the body, these white blood corpuscles can become prepared to condense on the outside wall or curl up the little ends of the lines, preparatory to condensing (as it is called) on the outside wall and see these lines are ready for another change, figure 5.

The doctors will call this an upward "METAMORPHOSIS." Any way or any name to keep you from understanding what they are talking about.

Our object in having the reader understand this condition, or

set of conditions, is that, when coming to the bedside of the sick and diseased, he or she may see that this Vital Force is the only real Entity to be depended on to restore the body to health, of which we shall write more fully when we come to the particulars. Every thinking person who will have the truth in these matters will at once see that, if we are correct in these assertions concerning the Vital Force, we have a "Friend at Court," or a Force to always assist us in the curing of diseases or the changing of a diseased condition to a condition of perfect health.

Pr. 55. We may stop and consider the needs to transform these white blood corpuscles into red ones.

We see the atom making its house; then making up another one and having this second one joining it; then we see these atoms becoming a line and then other lines and finally becoming ready to become something different and this next step is to become a "RED BLOOD CORPUSCLE," which does many things by itself as being a carrier, an actor, acting in the great building up of the body, which is a "HOUSE OF CLAY" for a soul to dwell in.

Pr. 56. If we consider a moment, we can now prepare to be cured of every kind of diseased condition on earth.

Have you a cancer?

See to it that you can change these wearily laden corpuscles from their burdens of compost and you shall be cured. Why?

Because this dreaded cancer is nothing but a great bunch of excrementitious matter that has not had any chance to get out of the body or has not been able to be carried out of the body by these carriers, the red blood corpuscles because they have been too heavily laden and because (possibly) the outlets have been stopped up or shut up. (Constipation and physic precedes or goes before cancer and paralysis.)

Thus when you see what a cancer is, you can see as well, that to cut a cancer, does no good unless you can cut out all your blood and cut out every thing you have in the body.

Because every part of the body is really and truly diseased before you have this cancer come on your person anywhere.

Tumor is the same thing. Cleanse the corpuscles and your tumor will disappear. Nature, the vital force in these corpuscles will carry away all of your tumor if you will give it a chance to be carried away by opening all these sluice ways and water closets of your body. The corpuscles took the bunch, tumor or cancer there and can, if you give it the opportunity, take it away.

Pr. 57. Have you consumption? This is thought to be a diseased condition of the lungs.

We tell you NO.

Pr. 58. Consumption is a diseased condition of every part of the body commencing at the blood and ending everywhere. Specially in the breaking down and rotting of the Lung cells.

Cleanse your corpuscles and have good air and soft water and you can be cured, if the nourishment is only right. Cleanse the corpuscles, with all that this implies.

Pr. 59. Have you rheumatism? Then you have a filthy mass in some place in your body which commenced by destroying some of your corpuscles by cold or something else and if you will simply cleanse the corpuscles, you can be freed from the rheumatism and from each and every case of neuralgia which ever afflicted the human race.

Pr. 60. True, there are conditions in which the corpuscles may not be to blame. You may have bugs in your head. In which case you understand enough of the laws of life to comb those bugs out and to wash the head in something that will destroy the eggs of those bugs and yet not destroy what brains you may have in the head. Because there are some things which, if placed on the head, will destroy the brains and then you will be as bad off or worse, than you were before. Hair washes, so called, will penetrate into your brain and destroy the atoms of your brain and you can go insane from these "hair vigors." We do not advise you to get crazy on this point. Or from this cause.

Pr. 61. You can also take into your system some Bromide of Potash, which will destroy the stomach, and then destroy the nerves and finally ruin what brains you may have in the body. This is easy. We are saying and advising you not to do anything of this sort.

Pr. 62. And we would further say to you, that nearly all of the doctor's drugs are composed of these nerve destroying stuffs and the more you take, the less you know. Get yourself clean inside and out and do not take these drugs inside of your bodies on any account, for any reason and far less because some little doctor tells a lie and says they will act.

Pr. 63. Are you weak? This weakness comes because you are not properly nourished in the body. Change your food and think out what that body may need and you will be better the first time you commence to feed the body right. You can also be sure that oysters, wines, alcohols, will never do you any good. They may stimulate you some, but the end will come when all the places will be empty and you will be gone hence. Or your life will be gone. Your soul sleeps.

Pr. 64. The life will leave your atoms and you will not have any house because the life has left your atoms. All unclean foods will drive off the life, only give them time enough.

Pr. 65. You can get the acorn to sprout in an ash heap. But when that life power reaches out for food and finds only ashes, the life (we may suppose) will telegraph to God and God will telegraph back—

“LEAVE THAT ATOM WHERE IT IS AND COME BACK TO ME.”

They shall not make an oak tree out of the ashes.

Nor shall they make it up only as I have said with good soil, and plenty of rain and good surroundings.

Pr. 66. NOT BY MIGHT, NOR BY POWER, BUT BY MY SPIRIT, SAITH THE LORD OF HOSTS. And, if you are unwise enough to have built your body up with miserable Irish potatoes, pork, meat, hog fat, oysters, tobacco, wines, beers and alcohols and then sleep in some room where there is no air to speak of, then you can be sure your vital force is telegraphing to God and is getting ready to leave you. Oh, but this is the law, my good reader. You nor I made these laws; they were here before we came here and will stay after we are gone hence. It does not matter to this body what religion, if you have any, you may profess or say you have; but it makes all the difference on earth what kind of food you feed to those atoms wherein this life dwells. And the air must be good.

Pr. 67. These intestines have been built up on a plan. This plan says nothing unclean shall go inside of them. This is the law. When you think you can evade that law, you think you can beat God at his own work.

And even Satan with all his wisdom, beauty and smartness has never been able to do this.

God has said he would turn this Adversary into ashes when he has allowed him to stay here long enough.

Pr. 68. Thus we have given you our scheme of life. It is a good working one and gives us power over all kinds of diseased conditions.

If we should place our advice in few words it would be *conserve* (or to take care of) *the Vital Force* you have inside of your Atoms.

Pr. 69. If you will do this, you may be sure that there is hardly any diseased conditions that you cannot recover from in every respect. Cancers, tumors, consumption, paralysis and all the aches and pains we bear and fancy that they are “acts of Providence” can all be sent out of our bodies, if we will only cleanse these corpuscles and give them the proper kind of nourishment and food and air and water. The Vital Force dwells inside of the

Atoms and has its Orders to build up our body in the very best of shape. We will not do our duty but do wrong to those corpuscles and so God has sent his two Witnesses down here and asks us, "*Why will ye die?*"

Still we pass on and are punished and will not heed or hear and still God sends His Witnesses along under our eyes and in our faces day by day and still witnesses to his truth, his kindness and his love and calls us his people and says:

*"My people are destroyed for lack of knowledge."* (Hosea iv, 6.)

God also says in the second witness "*if any man (or woman) lack knowledge let him (or her) ask of God, who giveth liberally and upbraideth not.*" (James i, 5.)

And the Apostle says "*God does not call us to uncleanness.*"

This should be enough. We have stated everything we know and drawn you to our scheme as it appears to us. It will work well and we think it, or something nearly like it, must be true. Is not this enough? Should we not stop here?

Pr. 70. No. There is one thing or fact more we desire to say to you.

The Rulers of this world, in the air, are Satan and his invisible demons. They have made us sick and blind. They (by and with the power of Satan,) have given us these thoughts of blindness and we can never get out unless we obey the apostle's words which he has told us after he has given us this great key of life. You will find it in Ephesians vi. Commencing at the 12th verse.

*Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day; and having done all, stand.*

Turn to your Bible and read it all and then think it over. Go to God for wisdom and to Jesus for anything else you may need on earth. Jesus has power and he will aid you in everything you may need. There is no condition on earth too low or too hard for Jesus to pull you out of.

Cleanse out your corpuscles and ask for help in the mind and you will have it just as certain as the sun is going to come up in the east. Every time you see the sun, you may know that God is behind the sun, but is not more behind and guiding that sun, than He has given orders to each Atom in your body to obey his orders to build you up into the very best condition.

Pr. 71. If you comprehend this plan which is from Nature and God, then you can be sure that there is nothing except nourishment or liquids that can do your body any good. Nothing else can assist the force in the blood atoms.

You can see that the entire practice and profession of the med-



icine and drug givers is false from the beginning, because none of their drugs, medicines, minerals or poisons can do the body or the atoms that are building up the body, any good whatever.

You observe that these atoms have a series of laws to which they must be obedient, and if they fail to be in a condition where they can be obedient, this force leaves the atoms and goes away—"goes to God who gave it," and the atom is without force—without life and is dead.

This scheme teaches you that if you are obedient to the laws that govern you:—

This force can stay with you for one hundred and twenty years. No matter the condition of your body, if you commence to become obedient to the laws that govern these atoms, you commence to have a better body and it is only a question of time when your body is in the very best of condition.

Pr. 72. Reason tells you, nature assures you, that if you do not keep these laws, that if you do not provide nourishment and material for these atoms, the force inside of these atoms will leave them and, sooner or later, you will be without that invisible force and when that time comes you will be dead. All these facts are before you.

### **The Practical Laws Governing the Body.**

Pr. 73. To many persons, these repetitions will seem vague and not to the point.

But, if the reader thinks of studying the conditions of the sick and the diseased, he or she should know all of the laws which are underneath the laws of our being.

He or she should be at once familiar with that primal law which is the strongest hold on Life, when we come to the bedside of the sick or those who may be condemned (by the *ipse dixit* of the poison dosing doctor and his neighbors,) to a quick exit from this life.

### **A Devised Word.**

"Protoplasm" is a word I devised some years ago, to designate the study of the protoplasm, or the smallest atoms of the body and to explain every action of any organic substance. Protoplasm is the study of protoplasm, or the Laws of atoms, and at once explains the laws of every organic particle of organized matter. Protoplasm explains life, growth, action, death, decay. changes of all kinds and allows nothing to remain in the dark, or subject to any uncertainties. It is based on the self evident fact, that nothing exists without a cause and every thing visible or invisible, must be subject to LAW.

## PROTOPLASMY.

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We think there are very few inhabitants of earth, who have received any education or religious training, but what have questioned the goodness and wisdom of God in allowing the dwellers of earth to become so afflicted with disease and in permitting them to have so many troubles of different kinds, while they were living their allotted time here below. Consider the unhappiness on earth and the misery endured by the human race.

We say, there are very few thinkers but what have made this inquiry to themselves. Why does God permit these conditions?

Others never think. They may agonize when something is wrong—when one of their children or some relative dies, but they cannot or will not think of the occurrences other than the “will of Providence.” Hard, unyielding, bitter and relentless.

In stating the object of this section, we would say that this writer has many times asked himself why we are sick, distressed and in trouble of various kinds. We have pondered over these questions while in such depths of anguish that it seemed as if every breath should be a prayer and yet these breaths could not be framed into prayers. When the tears were dried up with misery and the hot cancerous aching of the heart, if we had any heart; when the heavens were hung with black and the earth was brass for hardness, and the only sound piercing our brains, was the mournful cooing of doves or the sighing of the Mimosa bushes. With misery on each side; the relentless assassin behind; while before, was black uncertainty. How could we judge of the purpose of God under such circumstances?

No wonder, that under malevolent influences, that one has the senses disturbed until there is scarcely any thought of God, or of a First Cause.

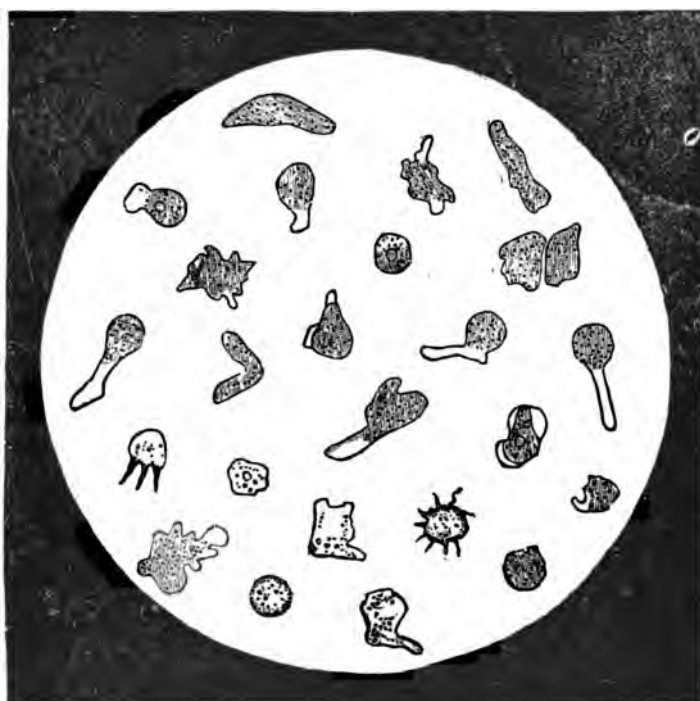
No wonder that some go out and throw themselves under the moving train or into the cold water where they can forget the evils of this life. Others hang themselves, or cut their throats.

Pr. 74. Now if this writer is correct, we have a law, or a series of laws, a certain series of results following certain causes that will explain all and every one of these conditions on earth.

First:—This set of laws WILL EXPLAIN EVERYTHING KNOWN AS DISEASE.

Second:—It will show why this set of conditions, evil or otherwise, are present and then will explain every step towards perfect health. Perfect happiness.

Fig. 9.



Human Leucocytes, showing amœboid movements.

We have taken these cuts from several different physiologies so that we may not be mistaken in presenting one man's views alone.

White blood corpuscles "living matter," appear in many shapes according to the places they are found in according to what nourishment they may have to feed on.

The point we are after in the exhibition of these cuts is to show that the living creatures (if we may call them so) have what is termed "Life" and that under certain conditions, they will, and do, introduce other corpuscles which will in their turn, have "Life" which will transmit their "Life" to something else.

Third:—If we understand what we are talking about, this set of laws is so complete, that any one can take it up and become perfectly well in body and sound in mind, yet never appeal to the Priest, or the modern scientific liar called a Doctor, by a most gross misnomer. Because Doctor means a teacher in its original sense and the modern doctor is not only NOT a teacher, but this modern doctor is a most persistent advocate of disease and ignorance and a clam-mouthed Spixynx when it comes to teaching any iota of knowledge to common people, or, to those who may be troubled

from conditions of disease or from any other cause. *Teaching*, is the last attribute of the doctor.

Fourth:— If we understand ourselves well enough to use language that will express our ideas, any one, who has education enough to read, and a desire to be well, can take hold of these laws and become perfectly well and assist others to be well.

Just one thought and we will consider we have spoken the last word on the subject. "*the blood is the life.*" If this is so, then, if we have good blood, we could never have any sickness.

So far, this may be understood. If now, the new idea is plain to us, that inside of the Atom, dwells the life, and that this life or Force is capable and will do any thing for us, if we will furnish the material and see that the old effete material is all taken from the system, then, we shall have the truth, and we will have the understanding of what to do in every case that comes up before us. We shall never be at a loss to know what to do when we come to the bedside of the sick body, because we shall be working in harmony with that force that has built up the body and knows all about it.

Observe that if our actions are in harmony with this force or life we shall have the immediate response to any action we may take to assist this force to regain every power over the body which the force has built.

If our actions for the relief of this body are not in harmony with this force, we shall not only not aid the force, but we shall become an enemy to the force that has built up the body. Our actions will become antagonistic to the actions of the vital force.

Moreover any one can have and make sure that he or she has the power above to come down to heal him or heal her of every condition of disease, as long as there is any body or any life power in the body to work with. Having said this much, it would seem as if every one should be interested in this matter. We hope they will be sufficiently interested so that they can not only get perfectly well themselves, but that they can teach all those around them, thus making the world better as we live in it.

Fifth:—Any person, no matter their weakness, nor their limited knowledge of the affairs of this world—can take up this set of laws and surpass any set of doctors or surgeons in their cures and can explain the events of the body, under every condition of life. Furthermore, the one taking up or desiring to have this set of laws, can rest assured that the Great First Cause, will come down or send down all the assistance that is needed in every case of illness or trouble on earth.

Notwithstanding this seems to be more than any one could ever hope to have on this earth, we are assured it is strictly true. That we, no matter how poor, how needy, how weak and how humble we may be, yet we are assured that when we once get hold of these laws, we will have the direct favor of God and of his Son and that our eyes will be opened and we will become better from the very first second we have this desire to do right. TO DO RIGHT.

To do to others as we would be done by.

Perhaps in these assertions at the very outset, we should confine ourselves to giving the ideas of general health and this is what we will do.

We will first state, when we first commenced to publish articles we thought persons desired to be well. So they do. In one way. With this getting well, they desire to have their way and God will not allow this. God must have it *his way* because all other ways are the ways of Satan, the enemy of mankind.

We soon discovered that many people will not allow themselves to be well. They want to have habits first and then be well also.

Every living thing has life.

When this power, this force, or life, is absent, or has gone to God who gave it, then the atom, corpuscle, blood disk, plant or fish, bird, beast or living thing, is in another condition which is without this force or acting intelligence and that is called "death." It is no longer "*protoplasm*" because the Life Force has gone out of it. It is dead.

This is almost certain proof that there must be another kind of life than the one we know, to have had the power to have made or sent this "life" into so many varied forms. This First Power is God. Also to have provided the Medium through which all these plants, animals or birds, insects, or organized forms live or exist. This Medium is called air. This air is the universal medium in which and by which all life exists as we know it. The one who formed the organisms, provided the air for them.

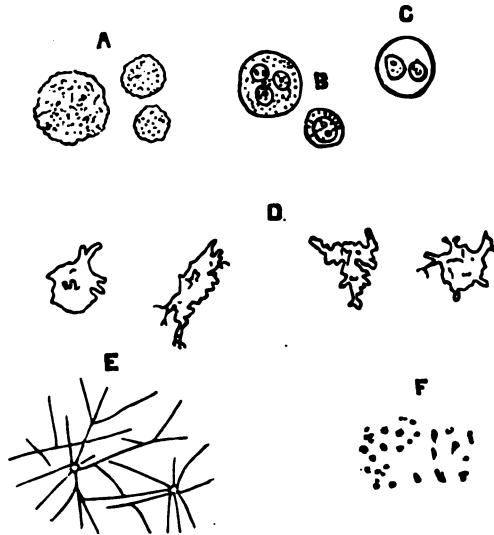
Moreover, there is another life that must exist beside this air life and this is the intelligence of man and this may be called the intelligence of the Mind. Another kind of life that does not dwell with the air but can exist without any air or any other element, that we know of. This also must have come from God, who at first created this life, or loaned this Power or this life to us.

Pr. 75. Life is not merely existing. It is doing something. It is at work.

It builds up. It makes over. It repairs. It supplies something for some purpose. It is busy all the time and is never still.

The following two cuts, taken from drawings of a physiological text book shows the conditions of the corpuscles at various times. It is true, they may not look the same in the body that they are made to do outside of the body. But, it is a fact that the corpuscles change their shape according to the condition of the food, care and exercise with the conditions of air and water.

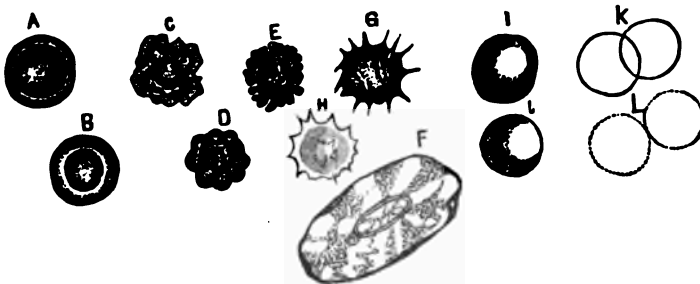
Fig. 10.



White Blood Corpuscles.

A, Human, without the addition of any other agent. B, After the action of water, Nuclei, visible. C, After the action of Acetic acid. D, Frog's corpuscles showing change of shape owing to amoeboid movement. E, Fibrils, of fibrin from coagulated blood. F, Elementary granules.

Fig. 11.



Red Blood Corpuscles showing various changes of shape.

A, B, Normal human blood corpuscles with the central depression more or less in focus. C, D, E, Mulberry forms. G, H, Crenated corpuscles. L, Stroma. F, A frog's corpuscle, partly shriveled, owing to the action of a strong saline solution.

It continually exists in some form and gives us comfort if we will have it and is at all times a friend who has the best interests of the body it has built up, in its intelligence. The life is your friendly Overseer. Is your Ally. Is your servant to keep this *house of clay* in good order. It is under your every wish. Even if you have not much of any sense, the life does the best for you at all times. This life is with you while the habits you have, are disobedient to the laws and prevent the body from getting well, or staying well.

Therefore in our stumbling along, we found that only those who desire to *be right*—those, no matter their circumstances, who have some idea of *being right* and of serving God and His Son, *only* those who will avail themselves of this set of laws and become perfectly well in body and sound in mind. Obedient to law.

Understand us. Any one *can* take these laws and go with them to perfect health. But, only those who desire to have Jesus as the King and those who are desirous of doing right, will have this knowledge of themselves, so it will be of any good to them.

So we find it true:—

The wise shall understand;

The wicked shall not understand.

We call this set of laws, "*Protoplasm*," because in dealing with these laws, we go to the foundations of life and deal with the protoplasm of the body. The word Protoplasm, meaning the atoms of the body, the finer atoms which are called "atoms," or blood disks, (Draper), or corpuscles, or nucleoli.

The finer particles of this matter being called "*naked living matter*." Some writers call this bioplasm.

It does not seem particular as to what it is called, (we have called these particles, "*protoplasm*," meaning the first or foundation atoms,) so long as we can understand what we are talking about.

Therefore, when we say we are talking of these first atoms, we mean the smallest kind of particles that are in the body. The smallest kind of atoms in the body, that are visible under the microscope.

This should be understood and when once we learn this, then the next is easy. We desire to know about these atoms and we find one fact in them different from anything that is not like them.

That is anything that does not contain life.

In our previous section of the scheme of life, we have given what we suppose must exist, and some of the reasons why such an arrangement as we have pictured, must be the commencements of Life.

Under this heading, we are dealing only with those facts which have been proven and which we know to be correct in every particular. These are facts that must be taken to the bedside of every sick case, (taken in the brain) and, with what knowledge we can avail ourselves of, guide us to make our work acceptable to the work of the vital force in the body. We will have intelligence enough to do this, if we will take a little time to think and there is no place in the world where this knowledge cannot be of the utmost use.

Beside the new-born child—beside the aged—beside the person racked with pain—beside the wounded and agonized—beside all causes and conditions of people, this knowledge becomes at once available and profitable for us to have. While, if we are without this knowledge we are as much at sea and as much uncertain, as are the priests, physicians and soothsayers of these latter days.

For instance, the small atoms of the body are sometimes called white blood corpuscles, leucocytes and by some, this atomic arrangement may be called "*naked living matter*" because it has no wall around it.

One peculiarity is in each atom. This is life. When it is alive. A peculiar, special, personal life. Its own vital force.

Every atom should be endowed with life. Therefore when we read the Bible and find in the margin that "*God breathed into him the breath of lives,*" it does not seem so strange as it would before we knew there were millions of separate, distinct atoms inside of our bodies that were living and breathing, working and being busy about our bodies at all times, as long as they live.

When we find according to Physiology, that there are *twenty-five billions* of these atoms, then we can think there are many lives to live in one body. "*The breath of lives.*"

So, when we speak of "Protoplasm," we speak of the laws that govern this set of living atoms of the body. The *Protoplasm* of the body.

"*Protoplasm*" therefore is the knowledge of the atoms of the body that are endowed with life. It must be alive, to be protoplasm.

When the life has left it, then it is dead matter and comes under a chemical law and this chemical law has nothing, or, only a very little, if anything to do with the life of these atoms. These atoms have life while they live. When they are dead, the life (or spirit) has gone to God who gave it. Then we do not any longer have Protoplasm, but we have the dead matter. The life has left it and it is dead matter, going under a chemical law.

These laws should comprise laws of every particle of the hu-



Fig. 12.

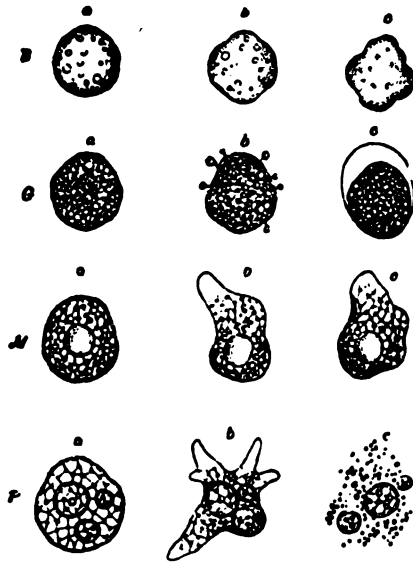


Diagram of pus corpuscles of different constitutions. (From Heitzman's Morphology.)

A celebrated microscopist (Heitzman) made some drawings and these are copied from his work. He contends that, according to the condition of the body, so is the condition of the corpuscles.

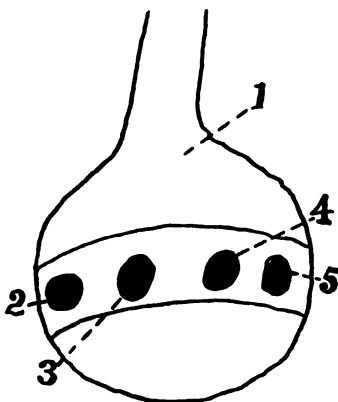
We think this correct. We cannot verify this ourselves, but it seems reasonable. Other things which are facts, are far more unlikely. Whether this is a fact (we think it is the fact), or not, it is certain that this line of thought is good for one to consider in connection to keeping the body in the best condition. Assisting these TOILERS OF THE BODY, is assisting your own self. Destroying these corpuscles by any bad habit, is destroying the house that you live in.

Pr. 76. *E.* Pus corpuscles of an excellent constitution; the bioplasson nearly compact, containing a few small vacuoles alive in *a*, and contracted in *b*, dead and contracted in *c*.

*G.* Pus corpuscles in good condition; the bioplasson coarsely granular, alive in *a*, alive and contracted in *b*, dead and contracted in *c*.

*M.* Pus corpuscles of a middling good constitution; the bioplasson less coarse with a compact nucleus; alive in *a*, amoeboid in *b*, dead in *c*.

*P.* Pus corpuscles in a weak constitution; the bioplasson comparatively scarce, finely granular, vesicular nuclei very distinct. Alive in *a*, amoeboid in *b*, dead and bursted in *c*.



The Lung Air Cell and the Capillary going round the Air Cell.

Drawn by Melville C. Keith, M. D.

Fig. 1. The air cell, over which the venous blood in corpuscles is passing and taking in oxygen through the walls of the air cell.

Fig. 2. The venous corpuscle passing around the air cell in the small artery which is called "a capillary."

Figs. 3 & 2. Venous Corpuscles passing through the capillary and sending out their carbonic acid, being made ready to take in air or oxygen.

Figs. 4 & 5. Corpuscles which have taken on the proper amount of oxygen, or the air and have become red again, are red corpuscles, ready to carry the oxygen to all parts of the system.

Did you ever think why meat is red? Or, why the inside of the mouth and all tissues have a bright red color?

This is because these corpuscles take in this oxygen or some kind of life giving matter from the air, and then, when they have taken this in they carry it to all parts of the body. Inside as well as outside and there—inside of the deeper tissues, this oxygen is given off for some assistance to the Vital Force that dwells inside of the blood and all the tissues of the body, no matter how far removed they are from the lungs. The red blood corpuscles carry this good air into these spaces and thus we have air or the oxygen over every part of the body.

But if you do not have good air to breathe, or if you have the carbonaceous material remain in the lungs, and these corpuscles cannot change themselves from the old material you will have a foulness with the corpuscles and all your inside tissues will become blue and take on a weak condition.

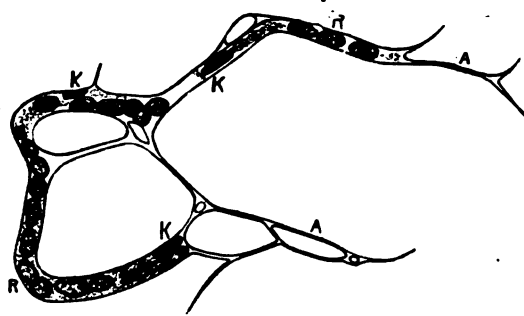
Then after these tissues decay from lack of good blood, you may have pimples on your face; weakness in your back; your mouth will taste badly in the morning and you will be discouraged and feel as if you did not have a friend on earth. All this and more.

After more time has elapsed, you will have the raw throat, a hacking cough, running at the nose, and general weakness that will send you to the medical priest. He will never guess what is the matter with your body. But, will ask fool questions about what your mother or father did before you were born, and whether your sisters and aunts or uncles died with some lung trouble and you will be thrown completely off your guard until finally you conclude that you have consumption and die. You will run to California, where they will bleed you for the last cent and call you a "one lunger" and you will die a most miserable death because you will not understand that in all kinds of schemes of life you must have the best and purest air. Beware of all gasoline stoves and all kinds of lamp smokes in your room when you go to bed. Have your windows open, no matter how cold it is and what the people say. You cannot afford to commit suicide. There are too many good things to enjoy on earth to go away and leave it before your time is out.



man body and every other body; in every organized plant or animal, bird, insect, beast or fish on earth or under the earth, or in the waters of the earth.

Fig. 13.



#### FORMATION OF RED CORPUSCLES

within the "vaso-formative cells" from the omentum of a rabbit seven days old. R. R. the formed corpuscles. K. K. Nuclei of "vaso-formative cells." A. A. Process which ultimately unite to form the capillaries.

The beast knows the food which should be eaten and eats it, if it can get it. Man knows, but will not have the proper food. Man prefers to have the tobacco and whiskey, to good food and thus destroys the places where the life power dwells and is presently "unclothed" because no less than God has said, "whosoever will defile the temple of God, him will God destroy."

That which we desire to have you learn in considering these corpuscles, is this:

Without these corpuscles of blood and without this living matter, there is no such thing—no such power as life. "The blood is the life."

By the aid of this blood, we are able to have the life power carry on every operation of the body and in this body, we can think, act, reason and form our ideas of this world and the world to come.

It would seem from these sketches, that the animals have the same kind of corpuscles or, the same kind of *toilers* that we have. Our bodies are animal. That which should raise us superior to the brute, is the possession of a soul. An intelligence that can, or should be, able to govern itself.

In the volume of the blood of man, there are about two gallons. This amount is divided up into three or more parts. One part the WHITE BLOOD CORPUSCLES. Second part. RED BLOOD CORPUSCLES. Third part, the food, and Fourth part the water or liquid that may be in the two gallons.

The red and white corpuscles have life in them, the other parts have no life in them, but are kept sweet and fresh, being in contact with the living matter. But, as we have seen, in the Scheme of Life, there may be the myriads of living cells besides these two forms that we can see with the aid of the microscope.

What is Life? In our first set of principles, we find that life is a power or force that is placed in certain states of matter to accomplish certain results. Life is an intelligent, acting, beneficent force given to certain atoms of matter, to accomplish certain results beneficent to every one of the inhabitants of earth. Life, dwells inside of these atoms.

Pr. 77. There is always life enough. But, if we do not have these corpuscles, we do not have any places to retain, hold, contain or to possess any of this life which has been loaned to us as our servant while we are inhabiting these "houses of clay." The corpuscles, or atoms, disks or protoplasm are the houses, the places where this life, this force which does every thing for our bodies and has taken all the care of us that we have ever had—dwells. This force stays in these atoms. Does all its work in these atoms and when this force leaves these atoms, our house of clay, this body, is without any force and we are left without any house. Unclothed. Dead.

The student can see therefore, how very important it is to have these foundation ideas in the brain about these atoms of the body and the study of these atoms or protoplasm—the study that we have designed as protoplasmy. The laws of the atoms.

It is when these atoms become unfitted for the Force to dwell in that we find out how great a part of us, the Vital Force has left, gone away from—that we find we do not have as much of this Force in us as we should have and then when we lack some thing of this Force, we say—we are sick. We lack something. Lack Force. Material enough, but this material is unfitted for the Force to stay in and we have driven this Force away from us and we are ailing or we are "under the weather" or in common language, we say,—“I am sick.”

The word "LIFE" comprises the ideas expressed in "FORCE," "VITALITY," VITAL FORCE, LIVING FORCE, SPIRIT and the PECULIAR FORCE that belongs to each and every organized plant, atom, animal, fish, bird, insect or reptile on earth or in the skies or water.

All life is a part of this acting, intelligent Vital Force or in brief life—is this acting power.

Where does this Force originate? Where do we get it?

From God.

Scientists, (so-called. But who are not scientists in any sense, only as obstructionists to the human thought,) have asserted there is no such being or such thing as God. They call God a "myth." These persons cannot be made to understand these laws and God has declared through his prophets:

**"The wise shall understand,"**

**"The wicked shall not understand."**

This life is not God. It is not even a part of God. It is an attribute of God, coming from Him, to act in certain ways and to perform certain acts and then, this attribute—this power, will go back to this God. This First Cause.

But, it is one with God in point of knowledge, so far as it goes. This power possesses the power of God in certain ways, because it is from God and has a part of the knowledge of God and a part of the power of God, as He has sent it out to do His Will.

Thus this life sent out into the Seed of the Redwood makes, or, builds up the most mighty Redwood. Or if sent into the acorn, builds up an oak that may last a thousand years.

If this power is sent into the mushroom, it can develop a million cells in one night. Or it can make up the body of a man or the body of a clam. The life or spirit that builds up the child's delicate body, can as well build up the body of the oak. All this power is living power or vital power and dwells in certain parts of these organized bodies and is sent from God, sent by God, to do His will and when this will has been accomplished, then this force—this life—goes back to "*God who gave it.*" While the atoms go back to dust from where they came.

All organized matter, while living, possesses this force. If it does not possess it, then there is no life. It cannot live or remain as it is, unless this life is in the substance. Or in the organization.

The force, Life, Power, Spirit—Life and vitality, are all one and the same Force and this Lives—dwells—inhabits and takes care of the cell while it (this force) is the occupant and owner of the cell, or Blood corpuscle.

Life is force from God; a part sent from Himself into a set, or into one atom and this atom, takes on material if this material is furnished, and with this material, this force builds up other atoms joining the atoms to its own, making a tremendous whole that cannot be equaled anywhere.

The original force does all the building— all the repairing—every thing about the entire body, without any aid only to have the material furnished and to have a clear way to act and not to become obstructed in any way. Obstructions prevent the vital force from

acting and thus thwart, prevent, obstruct, and annoy the vital force from doing what is for the best in the body, while it is alive. Remove the obstructions,—furnish the best of material and you will not have any cause of finding fault with the vital force building you or the children up the best kind of a body that will last during the next hundred years.

In God alone we can see this power and without this first cause—without God, there can be no life in any plant-atom, beast, bird, fish or insect. All their lives—all their forces came from God and will one day go back to God who gave it to these atoms.

Pr. 78. Each and every atom has this peculiar force with the intelligence to accomplish definite results while in the atom and when these results are accomplished, then this life power is to leave it to return to the original atoms as they were or go under the so-called chemical law and become changed. The conditions of life are wholly changed by the departure of living force from them. After this force has departed, then they are in another condition and we say *they are dead*.

The living power—their peculiar Force fled. The atoms having no longer this force, are inert, powerless and devoid of any intelligence.

Where does this life, or this Force dwell? Where does it stay?

The Bible is the only book that has ever answered the question. Leviticus xvii, 11.

“For the life of the flesh is in the blood.” Verse 14.

“For it is the life of all flesh: the blood of it, is for the life thereof.”

In these two verses (there are others) is told where the life dwells. In the blood.

Many years since, a wealthy and scholarly surgeon made many dissections of the human body to find out where the living matter, or the living principle staid. He spent his life or, the best part of it, in this search after this seat of life.

One morning, he was found dead beside a body he had been dissecting.

He had committed suicide. In a note that he left, he stated that he had neglected all the comforts of home and all society, to search after this seat of life—the soul, and, as he had failed, life was no longer valuable.

If this surgeon had read his Bible, he would not have had to commit suicide. He would have had his family, happiness and contentment and known all there was to know. The seat of life is

"IN THE BLOOD." It is in this blood that God breathed into man "THE BREATH OF LIVES."

Not one life—but many lives. "The breath of lives."

How expressive are all of God's words. So simply accurate and so plainly teaching is the exact truth. "Bless the Lord, oh my soul: and forget not all of his benefits."

This is one of the most important steps in this knowledge of "protoplasm." We find the blood is the life. Or, that the life dwells in the blood. Then we find there are two forms (so far as we know) to this blood and these two forms are called the NAKED, LIVING MATTER or white corpuscles and then come the red blood corpuscles.

Pr. 79. By analogy, we know that there must be some primal form that will be there before the white blood corpuscle is formed and we know that the white corpuscle comes into existence before we find any red corpuscles. And, as we are sure that all this material and Force is under unchangeable Laws (—unchangeable to us.) so we know that there must be some parent cell that holds or retains Life before it becomes a white blood corpuscle.

When it becomes a white corpuscle, we can see it. But some thing—some cell must have existed before the white corpuscle comes forth. The Force was there before the white corpuscle existed. The Force made, or built up, or fashioned the white corpuscle to suit its own ideas. By condensation of its outer wall, the red blood corpuscle becomes a fact. To change the white corpuscle to the red we need good sound air. Air that contains an abundance of oxygen.

The Force, called life or Vitality or Vital Force is in these little atoms. And, it is only a step until we understand that every action in the body is performed by the power of these little atoms. Now comes the discovery of this writer and which he claims as his own Personal Discovery. The value of which is incalculable and cannot be told.

It is this:—If it is true that the blood is the life, then this life is the same Force as the Spirit. If this is true, that in this set of atoms dwell the Life Force, then it will be true that in these atoms, we have the Spirit which goes to God, when the body is dead. If this is true, (who can deny it?) then we have, in our blood, the Spirit of God, who has given us this Life—this Spirit—or loaned us this Life or this Spirit—to build up and keep in repair the bodies we live in and these bodies are the "temples of the Holy Ghost." A Spirit of Life—from God. *God is Life.*

These bodies are our—



“HOUSES OF CLAY,”

and we are dwelling in these bodies and the Power or Force that built up and is now keeping this house in repair is the **Spirit of God**. A Spirit of, and from, the Most High God. No part of God. But from God. His Word.

Most wonderful discovery and one that sets your mind at rest if you will heed it. Your body is built up by the Spirit of God. All repairs—all nourishment is taken in and supplied to this *Clay House* by this spirit of God loaned to you. Loaned to me. Can it be possible? This is not only possible, but is the fact. All the assertions that have ever come to you are explained and you have, in your body the Power—the Life Force—The Vital Force that has come directly from God and is in your body to do by that body, as you may think best. To keep it in perfect repair and to last you one hundred and twenty years, or, to drive off that Spirit and leave yourself “unclothed.”

By taking care of the body, you can have the body for one hundred and twenty years.

Pr. 80 Why should one hundred and twenty years be set as the limit of life?

Because, we find that all animals live, or should live four times the length of time they are coming to maturity.

Man is thirty years in coming to maturity. Therefore, he should live four times that length of time, or one hundred and twenty years.

The causes why we do not enjoy that body for our full time, will be told of, later on.

By driving off this spirit that God has sent into your body and the Spirit that has built up your body for all these years you can leave the body without any servant or any overseer and when your body sends off or will not have this force that we call life and which is really the Spirit from God, then you are left with the elements of this body, but the life has gone to God who gave it and left you unclothed and without any farther power of having motion, sense or intelligence.

Being deprived of life, leaves you—yourself, in the dark and with it any power of knowing anything. “*The dead know not anything.*”

As long as we obey the laws that have been given to us, so long we can hold the body up to one hundred and twenty years lacking the years that have been lost by being born wrong and other faults in our making up. Principally because we have not kept the body in good condition while we were making it up.

This life is not your soul. The soul is 'the intelligence that has been sent into the body after the body has been made. This is yourself. THE INTELLIGENCE OF THE MIND. THIS IS THE SOUL.

This soul is interested for us and will not leave us unless we drive it off—unless we kill, unless we destroy and act so much in opposition that it has no place to stay and then—then after all this opposition, the life power may cling to us, but finally it will go away from us and it *"goes to God who gave it."*

The intelligence of the body will remain in the body where it entered when it came on the earth in this form and the mental intelligence, this intelligence that one may think is so great, this soul that one may have heard was immortal (but never will be immortal and never can be only through some gift from one who has this immortality and we know we do not have it from any other except God who has immortality and his Son to whom he has given immortality.) This soul will be imprisoned in the body and we will not know anything. *"The dead know not anything."*

It will not be necessary for us to call the attention to the differing states of mankind to prove there are two kinds of life and intelligence in this one body. Mental. Bodily.

We see persons suffer with any ache or pain and see the body has cognizance of that pain, obstruction or message, and makes the mental intelligence feel it. Sends message to the inner intelligence of the mind.

We may have a perfect body in every form of health and yet be so tortured with some mental agony that we desire to go hence and be rid of the body. To get away somewhere. So we commit suicide and drive away this life force from the body.

Thousands of other proofs are ready at your hand which will convince you that there are two perfect intelligences in the body.

One is, this life has intelligence to bring or make or build up this body to a state of perfection, if it has nourishment and certain conditions. The life force of the body. The Vital Force.

The other, is the intelligence that can suffer and think. These are not the same intelligences as one can soon prove.

We know that persons dread to die, and yet they die—lose the life and depart into that state of not knowing any thing, in direct contradiction and in total opposition to the mental power. Which mental power may desire to retain the life ever so earnestly.

The law of protoplasmy, explains these seeming discrepancies by means of these two intelligences of the body. The intelligence of the Body, being called the Vital Force; and the intelligence of the Mind, being called the Soul. The Intelligence of the Body

having been transmitted from the father, in the same manner that all other systems of Force have been and are transmitted at this time, from father to son and so down the ages. The soul comes from an entirely different source. Further, this law of protoplasm explains that if one has the mental intelligence working in harmony with this Inner intelligence or, in harmony with the Laws of the Body, we should never become sick or diseased in any manner. That we should be well in body and sound in mind. That our children would be well in body and sound in mind. And, that every thing would be in harmony with us, not alone in this life, but in any life there may be to come.

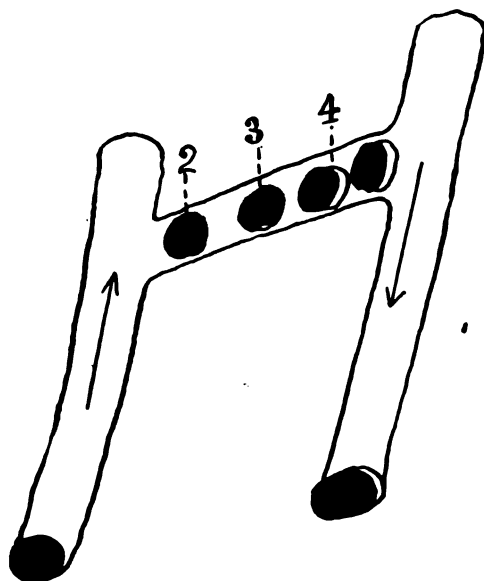
We have spent much time on the Laws which we are sure govern the Body, because this is a book to teach the human family how to have this body in the best of conditions to remain well and not to have the conditions of sickness come near us. If this law becomes well enough understood so that we may have the control of both of these Intelligences, then there can be no question about the body always remaining well — barring accidents or, as the insurance papers run “barring strikes and the visitation of God.”

We do not have any patience with the idea that we can believe ourselves to be well. This is folly.

Our beliefs, thoughts, surmises, can never change the laws.

The laws are here to stay and we must obey those laws in every particular, if we desire to be free from the penalty of those broken laws.

In order to obey these laws, we have to learn them. We must be familiar with each law and know what we are about, when we act, eat, drink, expose the body to any inclemency of the weather, or allow that body to be deprived of the best and purest kinds of nourishment. We must not have obstructions to this Inner Intelligence or to this Vital Force in any manner. If, by any means we have broken these Laws and become sick or diseased, we should at once hasten and become familiar with the actual laws governing the body, and give the Inner Intelligence every opportunity to repair the body, before the penalties are so great that we cannot pay them and the Inner Intelligence takes its departure from our body and we have left us a body; without any Vital Force or Life. In which case, we shall be dead and some one will have to take care of the remains. If these truths are understood, then one has a comprehension (if they understand the laws of the Force in the Atoms or corpuscles,) of the Law of Protoplasm. There is not any necessity of dying or having the Force leave the body until we are one hundred and twenty years of age.



**Scheme to illustrate the Capillary Circulation of the Skin or any of the Deeper Tissues. Shows the Corpuscles giving up the Oxygen for the use of the inside tissues.**

Drawn by Melville C. Keith, M. D.

Fig. 1. The Artery.

Fig. 2 & 3. Red blood corpuscles.

Fig. 4. The corpuscles have given up their oxygen and are ready to return to the heart by way of the vein (5)

When the skin is washed all over in cold water every day, we find that there is a fresh, oily, limber, supple and firm feeling to the skin and to the tissues underneath the skin.

This is because the needed oxygen has been carried there by the corpuscles and all the tissues are in the best condition. If the skin is not daily washed and rubbed, so as to get the old scales off, the pores of the skin will be stopped up and the skin will look rough and coarse. The features of these unwashed parties always will look coarse and beastly.

Children by these animals are weak and die soon. They are also apt to be unclean, because they cannot control themselves until the proper time of mating. They are in heat because of their filth.

When the skin can have all its breathing spaces full and clear, we will find also, that the lungs are in much better condition than when the skin is not washed daily.

Washing in cold water takes off the loose scales. Takes them off just right. Washing or taking a bath in warm water takes off too many of these scales and leaves the body weakened. And the lungs suffer from these warm baths. It weakens the system to wash in warm water. Cold water toughens and leaves it in the very best condition for withstanding diseases as well as giving every assistance to all the tissues underneath the skin.

Itching under the skin and many other disorders are prevented by the daily cold bathing with the hand all over the body.

No set of blood corpuscles can be in good order, where the skin is not bathed daily.

There may be exceptions where one has been in some peculiar condition for a time, but this rule will hold good and the best bodied men on earth as well as the best minds that ever lived are and have been daily bathers in cold water, doing this bathing quickly and rubbing until warm. It only takes two minutes every day, but adds years to your life.



It is the obedience that one has to this Law, that gives them health.

If they are disobedient to the Law, then they may as well not know it. And, they are sure to receive the penalty for broken law, no matter how much they may agonize and pray after they have broken the law. The penalty will come. We cannot escape it by penance. We must repair the injury that we have done, and do this as soon as may be. But, we will do well if we understand that for every broken law we shall suffer.

Obedience to the laws, will keep us and the family well. There can be no such thing as accidental sickness. All the world is filled with law and our bodies are no exceptions whatever. We are under the law and if we do not obey them, no matter whether we claim ignorance or not—we shall not be excused on account of our ignorance—we shall have to suffer the penalty.

This subject is of so much importance, that instead of hastening to give you the remedies for various forms of disease, we earnestly desire to impress on every reader that, if these laws are understood, there will not be a tithe of trouble that they will have if they do not understand these laws and their application. Moreover, if one has the working of the laws within themselves, they will not have any trouble with themselves at the bedside of the sick ones. They may be mistaken—no doubt every one is liable to make mistakes—but they will not make any grave or fatal mistakes—because they will be always walking or acting according to the Laws and the obedience to the Laws will bring them the best and surest of results. Whereas, if they are in ignorance or uncertain, they are liable to make the mistake of doing too much or leaving something undone and the result will be sorrow.

Allow us to give you some few examples of this ignorance.

A well known professor had his wife burned in the face with ashes from a coal stove. The doctor was called. This doctor applied iodoform and perhaps some other drug to the face to relieve the pain. The face was burned. Outside skin was off. The drug was absorbed and destroyed the optic nerves. Result, the lady is totally blind. The application of cold water would have cured the lady.

A professional man had a lovely daughter of whom he thought everything. The child caught the measles. Doctor called. Man very anxious—had all the windows closed and room kept very warm. Doctor left the house about eight in the morning. Parents very anxious. At four P. M. doctor returned and found the

child dying. It has been kept too warm and not enough of air and the stifled room had asphyxiated the child. Agony.

A young mother was afraid to be left alone. Lovely lady; accomplished; four bright children; beautiful home; but she fastened the windows down—kept a good fire in the coal stove and had a large lamp burning all night. She continued this for two months. When husband came home, she had been a month under the care of an old school physician. He gave drugs enough, but he had never heard anything about air. Result—quick consumption and death in three months of the mother and very shortly afterwards, death of two of the children.

These instances could be multiplied by a million. The idea which we desire to have impressed is this:—Have your mental intelligence in harmony with the inner intelligence of the body and attend to these laws and you and the family will remain well in body and sound in mind.

Perhaps one of the most common of occurrences is in the fact of the habits of the father. He smokes or does something else that deteriorates his body. He begets a child. Before the child arrives at maturity, the child is weak in eyes and has to wear glasses. The mother takes this weakness from the child she has carried and is mentally as well as bodily weakened.

Persons are sick in direct opposition to their mental state—and keep on being sick in spite of their desire to get well, because they will not put their mental intelligence into harmony with the vital force or the life power there is in the body. If they would have harmony with the Vital Force, they could get well in a very short space of time.

It is this opposition to the life power that makes us sick and diseased. We (the mental intelligence) do not want to endure suffering and yet we do endure it, because we do not have sense or knowledge enough to do away with the conditions which are continually producing sickness.

As an illustration of what we mean to say, allow us to call the reader's attention to the conditions of life as they are right around us. The man or woman is sick. He or she calls in a doctor. Why not? The doctor is supposed to know his business and this doctor looks at the patient and then writes a prescription. This is common and every one who can read, knows of this condition, as it exists every where in the civilized world. The doctor writes his prescription and then it is taken to the drug store.

Very well. What happens next? The drug store man fills this prescription. And it is to be taken. What is to be taken? The stuff,

drugs, pills, powders that have been called for by this doctor's prescription. What is in this mess that is to be taken by the sick man or woman? Taken into his body? Arsenic, Potash, Strychnia, Belladonna, Henbane, Opium, Copper, Tobacco, Antimony, Gold, Iodine, Mercury, Nitroglycerine, Bedbugs (if it is a Homeopathic prescription,) Snake poison, Lymph from a guinea pig dead with consumption and the poisoned lymph soaked in carbolic acid or some equally vile poisons, Vaccination scabs fresh from a diseased cow, or from some man or woman with the Syphilis, Iron, Strontium, Pounded glass, lead, Anti-toxine stuff or serum, (water from some horse diseased with Diphtheritic scabs,) Ergot, Ergotine (the smut from Rye, a poison from the rye plant. A fungus growth.) Spermine, Tonsilline and many other "ines," (which are made from the inwards and unclean parts of animals,) Pepsin made from hogs's stomach (may be?), Spanish flies, Poison Hemp, Corrosive Sublimate, Digitalis, Poison Hemlock in many forms, Nitric acid, Hydrocyanic acid, Phosphoric acid, Sulphuric acid, Poison oak, Zinc, and too many others like these, are sent out by this drug store man under the dominion of this doctor, to cure this man or woman.

Can any reader see in one second that not one of these drugs can ever by any stretch of imagination, do any good to any part of the human body? The doctor and drug man are frauds of the first water.

Is it not plain that these agents or drugs or poisons and mineral or vegetable life destroyers, can never, by any hocus pocus, do anything whatever to the human body in these little particles, except to kill or drive off this life power? This is the fact and here are the reasons why persons remain sick and yet desire to be well. They take these poisons and minerals into the system and then expect or believe they can recover from some illness while they have these poisons in the system. But these poisons are driving off the life power from these little corpuscles or these little atoms and, while under the influence of being killed, these persons may not have Messages of pain sent to the intelligence, yet they have killed some of the body and they are worse with these poisons and unnatural medicines, than they would have been, if they had never taken them into their stomachs or their bodies.

Why so? Because these poisons, all of these minerals, drugs, and many others, kill or drive off the living power, the Vital Force and thus they are worse off than they would have been if they had never taken them. Why do these people take them? Because they are ignorant and trust the doctor.



Only one school of medicine pretends to be free from giving these deadly drugs and this school has so many fools in it and so many of them are just "*trying some of these agents,*" that we think they are partly over the bay themselves. None of these poisonous agents can do any good to or for the Blood Corpuscles.

Therefore we assert that the doctors are frauds in all branches.

They kill the living matter, by giving their drugs into the body. By killing living atoms, no message can be sent to the intelligence and they are easy.

The reader has considered the action of these corpuscles while they have life in them.

Can it be supposed that when one has these drugs placed inside of the stomach or in the blood stream that the body can become better? Can it become better when it is dead?

It never can become better. Never with poisons. They kill some of these atoms, blood disks or corpuscles and leave the poor body so that it cannot transmit any messages, but all the time the dead blood corpuscles are piling up and the death of these atoms or corpuscles means the driving off force from these corpuscles so they do not have any life force in them and the body gets worse right along. And this system of poisons is called "*Scientific Medicine.*" These drugs never act. The vital force acts and these poisons prevent the vital force from acting and from sending any message to your intelligence and you, poor fool, because you do not receive these messages, think the body may be better while the body is worse at all times from the effect of these poisons and these minerals.

The reader can see and reflect that while the people are ignorant they will continue to take these drugs and continue to be sick.

This is the knowledge the world—the good part—the part who will have the knowledge—the part who desire to have knowledge will have and when they have it they will never be sick or diseased any more. They will be well. A doctor so called, never gets any one well. The vital force may cause them to cast off the old materials and then they will get well in spite of these drugs but the drugs themselves only make them worse and there they are sick, while they yet really desire to get well.

There are none of our readers but what have seen persons in this condition. The persons say—they think—they want to be well and really in a way, they do want to be well. But, being ignorant of how to act—they do the exact opposite from the method prescribed by the Vital Force and the body remains sick and diseased. They suffer in blind, stupid agony. The Bible also explains this

condition and calls out to these classes in the following language: —“*Why will ye die?*” “*My people are destroyed for the lack of Knowledge.*”

The Doctors tell you that CANCER GROWS; that it is caused by a GERM—a CANCER GERM reproducing itself and living and growing on your body.

We say to you that the doctors' statements are entirely erroneous.

THE CANCER DOES NOT GROW.

It is an ACCUMULATION of disease and filthy material in the Body, and is sent to some place, breast, lips, uterus, or adomen, to get it away from the vital organs. Cancer is an ACCUMULATION of filthy dead particles. The germs may get in because it is dead.

We can prove which assertion is right, by a few moments consideration.

Who have cancers?

Those who eat swine flesh and whose bodies have been unclean for a long period of their lives. Who have unclean Protoplasm.

Tobaco users are liable to epitheliomal cancers.

The final and best proof is the fact that cancers are never cured by cutting them out. But they are curable if one cleanses the Body and has appropriate food.

We know it.

You can see that God does not bring those diseases upon you. Disease is present, BECAUSE you have broken some law that God has placed here for you to obey.

If your intelligence of the mind cannot take care of your body, it is only a question of time when this force will leave you and you will be without any “*house of clay.*”

No matter the condition you may be in, this condition can be changed for the better and you can get out of it. All your diseased conditions can be cured. You may be surrounded by influences that are inimical to your best interests and these surroundings can be changed and you, your intelligence *should change* the surroundings. But, never act in too much haste. See your way clear and if you are deficient in wisdom, ask of God who giveth liberally and upbraideth not.

### Protoplasmic Applications.

Suppose you should go into a room where there was more smoke than would allow you to breathe good and you should be almost smothered. Something would tell you to get out of the room into some place where there was plenty of air so that you could have air to breathe. What would tell you? What brings this knowledge

to your notice? We say to you, the motive and message telling you to get into good air, would be the *Vital Force*; the Living Force will tell you—tells the intelligence that dwells in the body—that you should leave the smoky room at once and get into pure air.

The vital force that supervises the breathing, tells you, the intelligence dwelling in the body, to move away from the proximity of the smoke.

If you—if your intelligence—would go right out of the room into the pure air, you, the intelligence would be working in harmony with the best interests of the body and you would be acting in accordance with the natural laws of life.

If you would not obey this message from your vital force and would not move from the room full of smoke, the Vital Force would leave you and you would have a body without any life and people would bury you (unless they took you to some medical college and cut you up), saying that you were dead. You would be dead. You would not be in any condition to know any thing.

You would drive off—or you would allow the smoke to drive off this Vital Force—this life that nourishes and supplies every want of the body.

In other words—smoke is offensive to this force, as it is sent into the body, and, when this smoke comes into contact with the lungs, the intelligence of this body, not desiring to stay with smoke, or having orders not to have smoke in the body, this vital force, this life, leaves your body and you are without the living force, and your body is dead. No vital force, means no life.

Suppose again—that in this room was the form of a loved child:

The vital force would send the message to you just the same.

You would think—your brain would act in this thinking—your intelligence doing the thinking through the medium of the brain, that although you heard the message or felt this message from this vital force, yet, love being the stronger, you would stay until you had rescued the body or the form of the loved child. You would hold your body in that smoke until you had felt all over the room and then taking the child, you would speedily escape from the room.

You would go quick in the first instance. In the second, you would delay going until you could save the child with you.

Your intelligences would act in harmony in either case.

Again, if you desired to drive off the vital force and lie down in eternal sleep, as so many of our French neighbors do, you would stay in the room and then be dead. You would keep the body there

until the smoke had driven off the vital force. Then, being without any of this vital force, you would be dead.

What have you driven off?

You have allowed—and you are accessory before the fact, of allowing the smoke to drive the Vital Force out, or, away from the body and you yourself, the intelligence that came into the body after the Vital Force had made up the body and built it up for you—this in-dwelling intelligence, had driven off this Spirit of God loaned to you to make up and keep in repair your house of clay—and then—when this has been driven off—you—the inner intelligence are “UNCLOTHED” and your body no longer has this Vital Force of life and you are unclothed and the body is devoid of Force—Dead. Will stay dead. No power can bring you back.

Spirits of demons may counterfeit your make up, but so far as you yourself, you will never know any thing until Christ calls you up—you may be sure no such thing or state can be made in reality. Because the life—vital force that your body had—the inner intelligence, the “Spirit” that had been sent by God, has gone to God who gave it and God is not changeable as to allow it to come back for any cause, unless Christ says so. And he will not say so, since He has set a day in the future to call them all up.

Take another case:—Splinter gets in your toe.

Message from the vital force says for you to pull that splinter out.

Makes you feel badly. What does? The splinter?

The splinter does not make you feel badly. Splinter cannot make you feel any thing. The Vital Force makes you feel the presence of the splinter and the vital force telegraphs to you to take away this splinter.

Vital force sends message. Vital force acquaints you—the mind with the condition of your toe and condition of presence of splinter.

Vital force gives you power to see. To take hold of this splinter and pull it out. Vital force does this. You do it. Messages cease after they have told you of effect and you have put on some water or something else to cover up the nerves.

These are conditions where the Vital Force sends the Message through the nerves and you, the inner intelligence—suffer from the Vital Force. The splinter does not send you a message of pain. Splinter cannot act. The Vital Force can act and this Vital Force sends the message to your intelligence—your mental intelligence. *The message is pain.*

To show you the difference between your inner intelligence and the Vital Force, take another supposition,

You have three valuable diamonds. You have also, a friend. Any way, you think he is a friend. He might be a brother Free Mason. Or a brother in the Odd Fellows.

One night you wake up and find your friend with loaded pistol to your head, telling you to give up your diamonds. You yield up the diamonds and the Thief makes off with them. How badly you feel.

Next day you continue to think it over. You can hardly say which is the worst, to have your confidence betrayed by this thievish friend, or the loss of the diamonds. You suffer. Your body may be all right. Your teeth are sound. Yet the agony of mind is there. This is nothing to do with the Vital Force.

Your body may be all right. Yet you suffer. This is suffering from agony of the Inner Intelligence and has nothing to do with the body. The soul can suffer while the body is in good condition.

You can see there are two entirely distinct Intelligences dwelling inside of the body.

You can suffer in either case. You can suffer. The Body Can Suffer.

Here then are two entirely distinct causes of suffering.

One from Bodily ills. The other from Mental troubles.

These two entirely distinct causes and effects must be treated of separate Divisions and for this reason we will call the first PHYSICAL TROUBLES. Second we will call MENTAL TROUBLES.

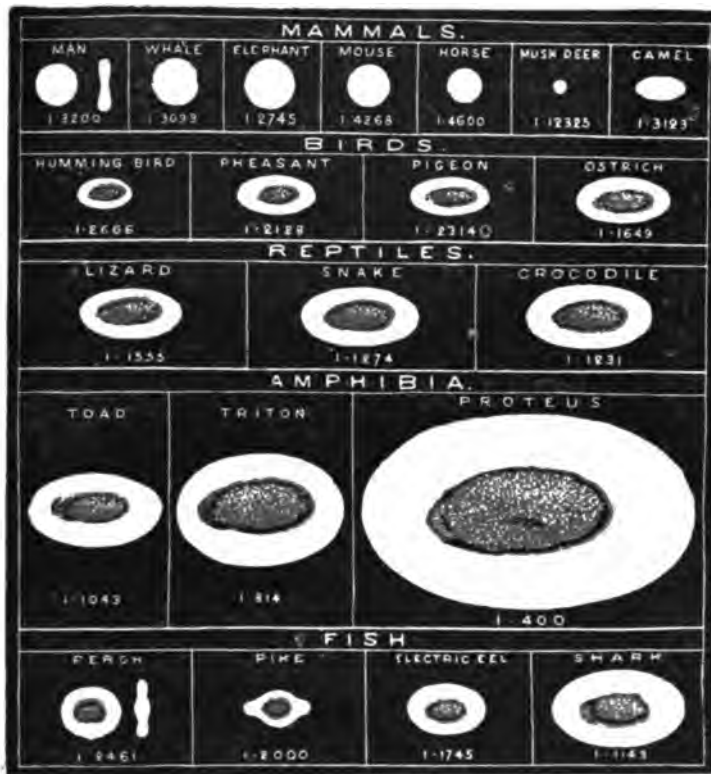
The Laws of Protoplasm will cover them both and explain both and give you plenty of ways to get rid of them both. We tell you so.

Troubles of the body may come from the parents. They should have known of this law governing their own bodies, (the blood) and given the child the best kind of a body. *Before* conception.

When the father and mother are own cousins, there is too much sameness in the nourishment supplied by the mother to the offspring, or, there is liable to be defect of some other quality and the children lack something in their makeup. Children of cousins, although the cousins may be from the very best, will to their sorrow, lack something they would have had, if the parents had been from different stock or from different make ups.

Children who have been from a tobacco father or a tea drinking or a coffee using mother, will never have as good a mental or physical organization as if the parents had never indulged in these intoxicants.

Children born where the mother or father had some passion as

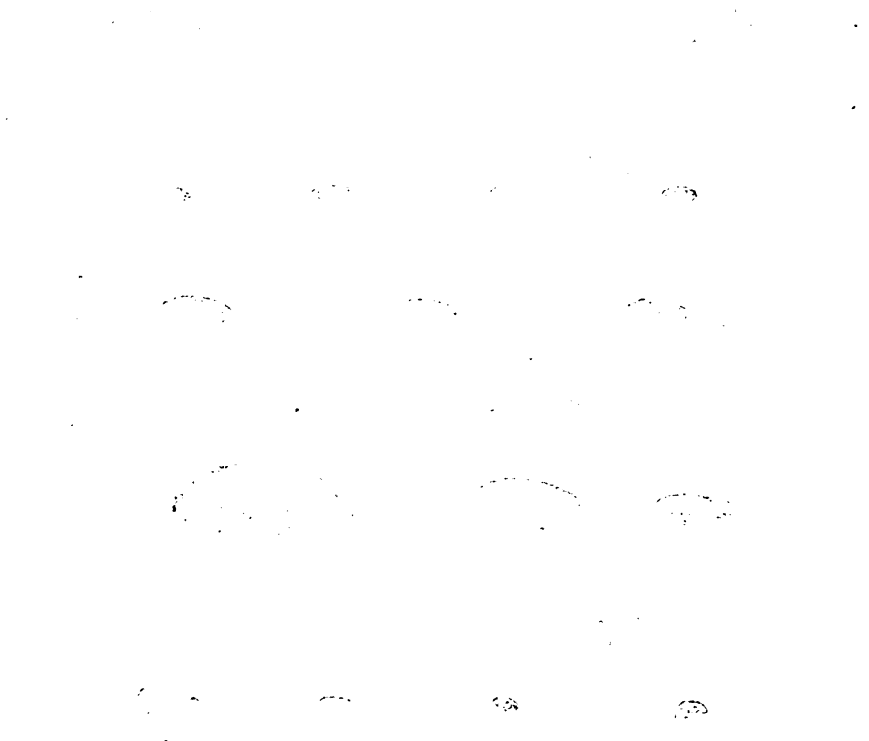


### Sizes of the Red Blood Corpuscles.

The above cut shows the different sizes of the red blood corpuscles in Mammals, Birds, Reptiles, Amphibia and Fish. It will be seen that the size of these corpuscles varies greatly, but the same organization occurs in everything that is organic, and the same plan or building up the body may be found in everything that grows. That is, that the force inside of the cell does the building, nourishing, repairing and supplying of our needs in the body. We can keep our body in the very best state in every particular, provided that we pay attention to the demands in nourishing and proper surroundings of these blood corpuscles. They demand air, water and food. They must have shelter or proper warmth to remain well.

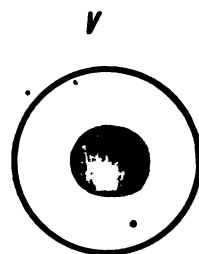
The first time that we ever published a diagram of the discovery of Protoplasm, some medical students made a great many remarks. But, the more one studies this scheme, it is easy to see the fact that the force inside of the cell first and then inside of the body in one harmonious whole preserves and takes care of the body.

The plan of the arrangement is not original with us, but is copied from Kirke's Physiology, who, in turn copied it from some Zoology. The colors are ours. The deeper one examines the universal scheme of life—taking in everything that is organic—the more perfect the whole scheme of nature seems to be and, yet, with all its perfectness, it is simple and easy to understand; and when we come to the consideration of understanding, we have with that old but fulfilling prophecy "The wise shall understand."

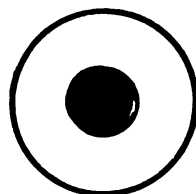


## KEITH'S DOMESTIC PRACTICE. PLATES

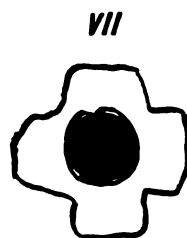
A perfect Red Blood corpuscle, able to carry oxygen, or air, into all the deeper tissues and supply everything needed in the system. The Vital Force dwells in the corpuscle. "THE BLOOD IS THE LIFE."



Represents a corpuscle that has deposited its oxygen in some tissue and is now going back to the heart and lungs after more air or oxygen. Going back after more material—whatever the material may be.

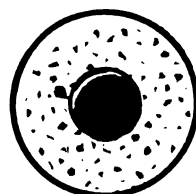


Supposed shape and condition of the corpuscle of a tobacco chewer or a beer drinker, or, being imperfect, may represent any corpuscle where the person takes in a poison to the intelligence. Coffee, wine, tea, tobacco, opium are all "*Poisons to the intelligence.*" Vaccine matter and all kinds of lymph makes impure and diseased corpuscles.

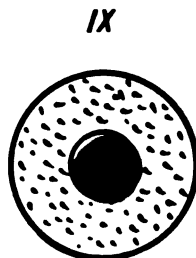


Suppositious scheme of a corpuscle laden with impurities. When a person takes coffee thrice daily we see that the condition of the skin shows that the coffee has been deposited on the under part of the skin and makes it brown or in some cases, black.

Tobacco, syphilis and vaccination have been the triplet robbers of the human family.



Scheme of an unclean corpuscle. Why does a beer drinker become bloated in his abdomen and have a bulbous red nose? Because of the condition of his corpuscles. They are unclean.—When these corpuscles are laden with filth they have the skin, kidneys, lungs and bowels to excrete or to throw out, or dump their old materials into, so as to get the old matter out of the system. If these outlets are stopped up, we see that the corpuscles are forced to deposit or excrete their refuse material into other places, and then we have tumors, cancers or paralysis.







of jealousy, anger or hatred controlling their organization while the children were conceived or being carried, will never have as good a body or mind as those who had equable tempered parents. Parents without excess of passion.

Children who have been prematurely tied when they were born, have been robbed of some of the natural fluids and they will be weaker than those children who were allowed to lie long enough to have received all the fluid from the placenta of the mother. Doctors or parents do not know of this and accordingly, many of the present generation have been robbed of their birth-right while they were being born, or directly afterwards.

This robbery is two fold. It comes from ignorance that is not excusable in the parents, and willful, innate devilishness in the doctor or in the midwife. Underneath these causes, lies the Satanic hatred to the human race. Something we will speak of later on. By premature ligation, the body is robbed; the mind is weakened. The corpuscles are made smaller and weaker.

In cases of infants being all right at birth and being filled with crying afterwards, we assert that it lies in one of two conditions.

*a.* Improper feeding.

*b.* Because the mother does not have her mentality right.

That is, she is not treated right by the husband or her surroundings are wrong. Air, water, nourishment, habits or other environments.

Children just born, will not find much milk for the first forty eight hours, and when it does come, they should be fed regularly, *every two hours* unless they are asleep.

When they are three months old, then they should have the feeding or nursing every three hours.

There should not be much, if any starch given to any child under three years of age. Potatoes, swine flesh, coffee or tea, do not give proper nourishment to the corpuscles.

When children cry with sleeplessness, we may be sure one of these two conditions are present and we should have the food right and the surroundings of the mother right.

If the child has stomach ache, we can suspect that the atoms of the blood, surrounding the intestines themselves are likely to have been distended or there is some trouble with the intestines. Possibly chilled, cold or dead.

In many cases the nursing child is constipated. Too much in the bowels and they do not act. The feces are hard. This may come and usually does come, because the mothers' milk is not all right. If she eats the flour breads, potatoes and rice, with coffee,

it will be sure to make the child's bowels hard and constipated as long as she eats this kind of food.

The proper remedy would be to give the child an injection to the bowels daily, until the child is right and to regulate the food of the mother. She should have fruits, nuts and beef or mutton so that she will have good milk and she will give the child good milk and we will soon find the child all right in its bowels. There may be something wrong with the mothers' mental associations in which case this should be remedied as soon as it can be found out. No nursing mother should be worried while she is nursing the baby. It destroys the milk.

How is the law of protoplasm to assist us in all these cases?

*The blood is the life.*

If we have good blood, there will be no trouble, diseases or any ache or pain in the child. Nor in the parents.

The first of these laws are found in the Bible. The word of God.

The woman having her changes every twenty-eight days is unclean. She should not have any commerce with the man:—she should not have her body in contact with the breads, mushes, or doing any washings during this time. Nothing should be done that interferes with the cleansing of the corpuscles. They can clean themselves, if they have the opportunity.

The mother should not have any "touching" during eighty days after the birth of a girl and for forty days after the birth of a boy.

While she is a wife and never pregnant, she should preserve herself intact for the time when her changes are on and for seven full days afterwards.

Why? Because during the period of time, the corpuscles are sending off impurities from the system or the impurities of the body which are taken up by these atoms, these corpuscles, and carried off out from the body through the uterus.

Observe this fact. We will state it over again. It is very important.

While the woman is menstruating, she is **UNCLEAN**. The body is casting off all its impure materials while she is unclean.

When she becomes cleansed, and seven full days have passed from the cessation of the menstrual period she has stopped her wasting and is sending off the rest of these impurities through the skin—through the kidneys and from all parts of the body for seven days after the menses have stopped. She should not be obliged to make bread, or do washing, nor to do any thing while she is being cleansed which is—while the menses are on and for seven full days from the time the menses are stopped. Wholly stopped. If

the woman is married, she should never, under any circumstances sleep with the man during the time of her being unclean. A period of eleven or twelve days.

If, she should not observe this law and become pregnant while she in this unclean condition, the body of her child will become UNCLEAN and no power will ever be able to change the body of the child while it lives on earth.

Therefore the very first duty of the mother or the wife before she is mother, is to see that she is cleansed before she becomes pregnant.

If she observes this law in full, she will have *cleanly children*.

If she does not, she stands many chances of having children whose bodies are unclean. This is the greatest law on earth and one in which every man and woman is interested on earth and yet none of the Doctors and none of these Baal priests will ever say one word about it. Where do we find these laws? In the word of God. See Leviticus, chapters xii and xv. These laws were given to the Jews. So was the command "*Thou shalt not steal.*" Are these laws done away? We tell you, they are the laws for us to keep our bodies pure and sweet whether we are Jews or Gentiles because they are the laws of Protoplasm. The laws of the atoms of body. The laws of God. Because this set of laws sees to and provides for the purification of these atoms of the blood in which "*is the life.*"

This is *Protoplasm*. Or a part of it. The laws of these atoms keep you clean. If you desire to have a clean body you must obey these laws.

These laws are of as much importance to the man, because if the man has commerce or takes food or eats breads, mushes or eats after those whose hands while unclean, have washed his dishes and his clothes while in this state of uncleanness, he has imbibed some uncleanness and this uncleanness goes all over his body and into his brain and he is unclean and is unhappy because of his uncleanness. This is the great cause of unhappiness in the married state. The neglect of this set of laws makes misery untold. Here is one cause of so much *Ovarian trouble* all over the nations.

Men or women know nothing of these laws of cleanliness and the man thinks this is "his wife, his ox, his ass, any thing that is his" and he is unclean from contact with her body while she is unclean and she suffers. These are facts. And the other dreadful facts lie in Ovarian tumors and the cutting out of those Ovarian tumors to the great detriment of mind and body of the woman.

And the mental agony of the woman. The unhappiness and torment of wife, husband and children. Alas!

Every one of the blood atoms in the body is subject to a Force which this atom must obey. Sometimes, we may think, that it obeys in a very blind way. No doubt of it. It is blind to us.

We cannot tell why a child should have *notched teeth*, because its father had Syphilis before he was married. We know the fact. We see the results. The child pays a part of the penalty of the Father's sin.

We cannot tell why a child, coming after the mother has produced an abortion, we cannot say why this child should be skinny and thin.

We know the fact is often occurring and when we see a very skinny child some years along after the first child, we can judge that the mother was at fault for the condition of the child.

All these occurrences, as well as weakly children or strong children are not according to any Design or Will of Providence, but because the Father or Mother had habits that brought these children into these conditions before these children were conceived, or soon afterward.

Do you think of the sufferings of some certain person who has Rheumatism or something else? We say to you that if you will study out conditions you will be able to account for every condition on earth. And, if you are able to change these conditions, you will be able to cure the case—provided you have not already lost the Vital Force needed to keep this body together. If the Vital Force has made preparations for departing and these preparations can be known, then you need not think you can change the action of the Vital Force, because this Force acting under Orders from the Most High God and neither you nor I can stop these Forces from acting.

Doctors assert to you, that Rheumatism is caused by some acid in the blood. This is a stupid and false assertion.

We assure you that all Rheumatism is caused by an excess or worn out material in the Protoplasm of the body. This might have been produced by excess of starch food: or from indigestion because the food is not assimilated.

Or, because of using hard water. Consider the settlings on the bottom of your tea-kettle. Anything that closes up and hinders protoplasm from acting can cause the condition of Rheumatism.

Proof—CLEANSE the PROTOPLASM and the RHEUMATISM IS GONE.

These forces have actions of their own. We can assist them and have this force to dwell with us for one hundred and twenty years.

and never suffer an ache or pain. Our food, the air we breathe and many other of our surroundings can be changed for our best interests. If we will not change them the vital force can leave our bodies. We shall have a dead body.

### Recapitulation.

*Protoplasm* is the knowledge of the living atoms that are part of the organized bodies. Living in the bloodstream. The seat of the living force of the body. These atoms of blood contain the Life Force. To be well and in health, we have to keep the body clean—to furnish it with pure air, soft water and appropriate food. There are habits or laws which will keep us from becoming unclean. If we obey these laws, we can never become sick or diseased. The Force that dwells in the blood will keep our whole body right and preserve it until the age of about one hundred and twenty, when it will sleep away without ache or pains. If we obey the laws. We have to know these laws for ourselves and if we do not know them and if we trust in the medical priests, they, being in ignorance, will give us poisons that will kill these corpuscles and leave us more sick than we were. Or dead. The drugs never act. It is the Vital Force that acts. The Force given or transmitted to this body of ours from the Father and from him back to Adam, who was the son of God. And the first force was sent into the body by the act of God. All force and all life has to be transmitted from some point and we can not make anything, or do anything without a supply of this Force. If we have any diseased condition about us, we can get rid of this diseased condition, if we will cleanse the body and supply the body with pure air, pure food and water. No person can recover of themselves. The Vital Force recovers, because the living Force attends and acts in every thing in the body. The Vital Force knits the bone in the living body. No Vital Force; no bone knitting.

The Living Force in the protoplasm is intelligent, performing all acts of the body. That this Living Force is the spirit from God, and goes to God (who gave it) at death, is the substance of the Law of PROTOPLASMY.

## Conditions That Are Called Disease.

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From what we have written, it will be seen that what is usually called "disease" is simply a condition of the blood arising from causes which could be prevented. If the body has been under the condition of law it cannot be sick. It cannot be diseased in any manner.

At the first thought, this may not seem to be correct. We may think of some accident, or some condition brought about by the parents, or some set of events, over which we had no control, that have brought about the condition that we see as disease.

In all of these conditions, if we examine them carefully, we shall find that at some point the law was broken or infringed upon, and the condition we know as Disease, never comes by chance, in any respect.

We may say that we inherited such and such a condition, but this even does not prevent the law having been broken at some point and this breaking of the law, even if ten generations are back of us, has, or may have brought about the condition from which we suffer. A condition of disease.

It will be seen also, that, if the laws of protoplasmic life are rightly interpreted, we do not have a single organ diseased, without all the rest of the body being involved. One organ or set of organs cannot be out of order, without all the rest of the anatomy suffering from some thing of the same causes. If we have obstructed the vital force and killed many of the corpuscles and have a great obstruction in the system, so that we suffering from some particular trouble the rest of the blood is out of order, or, obstructed and all the body suffers with the organs or sets of organs that we may think are out of their natural conditions.

The fact, that all the body suffers when one organ is out of order or, that nothing can happen to the body without having the sympathy of every other part of the body, is of the greatest importance in the treatment of any and all kinds of diseases. And by understanding that we can assist the diseased body by having all its avenues cleansed out, we at once render the entire body better and we can pay attention to the one organ or sets of tissues that may be out of order, as well. To fully understand why these organs ever become in these obstructed states, we should consider the conditions which bring about these obstructions. What makes these obstructions in the system? If we obey the entire laws, we should not have conditions called disease. Therefore, if we can be

aware of the results of our actions, we can prevent ourselves and our families from coming into these conditions of disease.

Many of these infringements of law that brought about diseased conditions, could have been prevented. And, in many cases, would have been prevented, if the party had known, understood, or heeded the laws.

For this reason, we have set some of the most common of these laws by themselves and endeavor to show where the mistake is made in not understanding them.

By heeding these laws, we can prevent very many cases of sickness and also prevent what is of far more importance, the agony of mind which we suffer when any of our family gets sick. Then is where we are placed at the mercy of the doctor clique which rob us at every step. We are ignorant of these conditions which have brought the sickness about and being ignorant, we suffer.

We do not mean to assert that the physician should not be paid for his labor, time and his knowledge. He should. But we assert that if the people would understand themselves, there would not be a hundredth part of the sickness there now is, while there would be fewer doctors and these few could afford to be honest towards their patrons. Besides, if people were educated along these lines, the doctor would never have the care, worry and anxiety, that is now imposed on every conscientious physician. In the present state the doctor is bound by a clique to "sustain his profession;" which means that he is not to tell any thing (more than he can help,) to allow the ordinary man or woman to know how to take care of themselves.

If the physician is called, pay him. If you have sense enough to have knowledge to prevent any kind of disease, and you can do so, (which we assert that you can if you will read and heed these laws that are as plain as mathematics,) get this knowledge and allow the doctors to remain at home or turn their attention to some way of making an honest livelihood. The practice of medicine in these days is neither honest, safe, truthful or just in any respect.

It would be impossible to name over all the habits which are wrong. There are too many of them. We shall mention some of those which have come under our observation during the past forty years and give our views as different cases presented themselves to us. This must, of course, be a very one sided judgment, as we have very few, if any precedent in stating the result of many of these erroneous habits. In some of these cases, the writer stands alone, against the combined assertions of the Allopathos or regular doctors. And, so bitter has been their fight against these



explanations, that, in different places, they have gone to some lengths to controvert them. Expending quite a sum of money to prevent these facts from being known by the people.

In many places these "doctors" gathered together and tried to oppose these truths.

One man, whom I will not name, brought a suit at Court, because as he said "you do not sustain the medical profession."

Another one—a man from Massachusetts, who had a little brief authority, denied this writer the right to a certificate to practice in the Territory of Oklahoma. This was one of the old school, who thought he was a god in his way. This man was suffering from deafness (produced by two causes, which we shall presently mention.) And we offered to cure him. But, still, he evidently did not think we knew, or he did not dare to grant the certificate, to which we were entitled.

After taking action against him in a court of law he was forced to grant us the right to practice medicine in the Territory.

At another time, when we were lecturing in the State of Illinois, a certain "Secretary of the Board of Health" denied us a certificate to practice because certain of my own school had made representations that we were uncanny about some thing. They could not tell just what, but they had the idea. So this man (since deceased.) denied us the certificate, but told us personally, that if we would not lecture, that this writer could practice as long as we wished to in the State of Illinois. This permission to practice medicine, if we did not lecture, was a mystery at the time and we asked him why he had such opposition to the lectures. And his answer was remarkable.

"Oh, your lectures tear up the minds of the people so."

This occurred about the year 1881 and we staid in Illinois until 1884.

We think it can be safely stated that nearly all the regular schools are of the same nature. They do not want the minds of the dear people, "torn up."

In other words, these doctors hate to have people educated, because when the people get enough education to prevent the greater part of their condition they call disease, the practice of medicine, as it is practiced at this present time, will be relegated to the oblivion where it should have been centuries ago.

We will number these causes, or habits which cause conditions that are called disease, because, while we think all should be familiar with them, there are certain states where it will be of much advantage to read these errors over carefully, and not fall

into the same mistake when there is a case of disease in the house.

While we are mentioning over these errors that bring about conditions that cause disease, we ask every reader to go over these facts carefully, and scrutinize every assertion we make, because if we are wrong in these assertions we are going to be made right. If we are right, it will be of advantage to the reader as well as to every inhabitant of the nation to learn of these facts.

It would seem almost impossible not to make mistakes among so many assertions; but, if we are approximately correct, then we shall save many lives and millions of money within the next decade that is coming.

What we desire to particularly impress on every person with a family is this:—The regular or mineral school of doctors—graduates of what are known as “regular schools of medicine” do not actually know as much about the human body as you can learn in a day. Because they have been taught, and believe that “there is no such force in the body as a peculiar force called Vital.” They believe their teachings. Their text books assert this falsehood. Therefore they prescribe and give poisons which obstruct and drive off this Vital Force. You can in a few hours learn how to assist and preserve this Vital Force and you will have more absolute knowledge and truth than they have, with all their boasted medical science. You will have truth and powerful, simple remedies. They have falsehood and poisons.

But, when once you have tried these methods of changing conditions—when you commence to think and reason about the methods of giving poisons—by mouth and injection—and their fatal results—because of the effect of these poisons on the blood corpuscles, driving off the Vital Force—you will avoid them forever.

We are more than pleased at what we have accomplished (under the goodness and mercy of Jesus,) with our book on Forms of Fever. In many cases, where they had this book, they have taken the case from the hands of the regular physician and treated it according to common sense and Law, and have brought the case out in a few days. Whereas it would have taken the so called old school or Mineral school, six to eight weeks to allow them to get well. What we more particularly desire to impress on our readers is this:—If these assertions are correct, then the mineral or poison school of medicine is wrong. And the sooner every one is acquainted with these facts and keep away from the poison dosing physician, the better off they will be. In any event, think for yourself and for your wife and little ones.

## Errors or Habits that Produce Conditions Called Disease.

### Preventable Disease. Air.

Every person is provided with two lungs. In these lungs we have what are called AIR CELLS and what are called CAPILLARIES of the lungs. Arteries and veins that run around the air cells and carry the blood around the air cells from the heart, to have the blood changed from blue or venous, while in these capillaries, to red or arterial blood, by means of its contact with the air. The air passing through the walls of the air cell and the capillary, supplies oxygen to purify the blood.

Probably there is some error in this statement, as, we find that any one cannot live even if they have ever so much of oxygen. It therefore cannot be that oxygen alone is the only agent in the air. This statement that oxygen is the only agent, was made at a time when people believed everything the chemist said. We know better than to have implicit faith in what any scientist may say, if it does not coincide with our experiences. In the matter of air, we must have it pure and it must be freshly made or freshly purified. When in this pure state, there will be long life and plenty of life in the body. Without this air is pure, we are sick. This demands very much attention. And, until Professor Jacob Redding of Indiana, discovered the source of "MUSCULAR CONTRACTILITY" we could not be sure WHY a healthy body could not exist without pure air.

He made this clear, by stating that the "Force (Vital Force)" dwelt inside of the muscular fibres of all the body.

Here is the secret that was never explained until this time and which the medical colleges with all their bugology have never caught on to and they will not, until they are forced to do so.

Here is the fact: The Force needs air. Air is carried into these spaces by the blood corpuscles. When inside of the spaces, or rather when on the outside of these spaces where the Force dwells, these corpuscles give up their quota of fresh air and hasten back after another supply. This supply mostly comes from the ingress of the air into the lung cells. But a portion of it comes from the skin. If we did not have any air on our skin, we should die in a very short time.

If a person is burned over the body for two-thirds of its surface, the probabilities are, that such person will die. And, if

we varnish the body over snugly, the person will die for lack of air.

It is estimated by some physiologists, that there are six hundred millions of air cells in the lungs.

Others, (who have just as much right to be considered good judges,) estimate that there are seven hundred and twenty five millions of air cells in a good pair of lungs. The matter of this estimation is placed before the reader so that any one can see how near together the average medical men are, when they come to decide about the parts of the body. All the whole science of medicine is on this same uncertain basis. Estimation, computation, guess work. No one knows positively about these numbers and never can know. (Your doctor is a guesser.) Because first, there are too many air cells to be consecutively counted. And second, because time is too short.

And finally, because there can be no doubt that these numbers will be changed in the individuals who live in different localities. Living on a mountain is apt to grow a larger lung than live in the valleys.

As long as the air is good, the lung and capillary system can easily transform, by taking in proper air, the blue or venous blood, into red or arterial blood, by passing the air into the cells of the lung, from where it changes the blood from blue to red—and, at same time the air loses some of its oxygen and other properties, and takes out the carbonic acid from the body through the cells of the lung.

Carbonic acid is expelled from the lungs in the breath.

Oxygen is left inside of the blood which passes back to the heart and is then sent to all parts of the body.

The chemists tell us that air is composed of two parts.

Atmospheric air by weight.

Nitrogen, 77 parts.

Oxygen, 23 parts.

And in 10,000 parts of atmospheric air there are most likely to be three to seven parts of carbonic acid gas.

By volume the atmospheric air is as follows:—

Nitrogen, 79.19 parts.

Oxygen, 20.81 parts.

If this is pure air, we think both these parts of oxygen and nitrogen are equally needed in the system, instead of believing what is most commonly taught, that our lungs only need the oxygen to purify all the blood corpuscles.

Impure air is that which does not contain these proportions of oxygen and nitrogen and is holding something else in with it.

As we have seen there are two or three or may be more parts of carbonic acid gas in every ten thousand parts of atmospheric air. When there is more than this in the 10,000 parts atmospheric air, we have an "impure air."

When we stand on the sea shore, we find there is a salty taste in the mouth. This comes because there are mixtures of spray thrown into the air and the air has salt in to some extent. If we are in a smoky room, we find the room stuffy on account of the smoke.

Persons who have breathed in the fumes of burning gasoline, and have had a close confinement, have gone into a decline—had a hemorrhage and died from what the doctors were pleased to call consumption.

We have known two very serious cases of hemorrhage from the lungs where the servants had killed the flies with some kind of powder and inhaled this powder into their lungs. Workers in matches, who have inhaled the fumes of sulphur, frequently have sores on their jaws and the flesh decay around the nostrils and parts of the heads.

Those persons who have long followed the threshing machines, unless very careful, have had trouble with their breathing apparatus. Especially the bronchial tubes and nostrils. Candles, lamps, coal oil stoves, all use up a part of the air needed.

No lamp should ever be left burning in the same room where one sleeps. Nor, should the gas be left lighted in any room where one sleeps. It is a great detriment to the sick one and a most persistent destroyer of the lungs in all cases, sick or well. We have known of a young man who slept in a room where the stove pipe ran through his chamber in the winter time and it leaked some. This was kept up for two or more years and he finally went into consumption and died. He breathed smoke and carbonic acid gas from the stove pipe and they destroyed the lung tissue. Death.

Carbonic acid gas is formed in the lungs or sent into the atmosphere which is passed out of the air that has been breathed and we then have an impure air.

Carbonic acid gas is also called "Carbon Dioxid" and is symbolized in the language of Chemistry as  $\text{CO}_2$ .

Any way, as long as we have good and pure atmosphere air to breathe, the corpuscles can cleanse themselves and take on a new supply of pure air and take this air back into the spaces of the body, where the vital force needs it to work with and, no doubt, to live by. Practically, if the air does reach the skin through the lungs, by means of the corpuscles, we find the skin will become

purple and the blood will settle, the vital force departs and we will have a dead body.

If we have the pure air going into all parts of the lungs, we find that the red blood goes into the kidney and comes out blue or venous blood, thus showing that this oxygen, or this pure air, is needed for the change in the kidney. As we also know that in this kidney, the corpuscles drop the portion of urine which is in these corpuscles, we may judge that there is some very important necessity for pure air to come from the lungs, by means of the red corpuscles bringing it from the lungs into the kidney, as well as into all the other tissues of the body.

We may be sure if this pure air was not necessary to this kidney to fulfill its offices, it would never be carried there dropped and then the blood corpuscles go back to the heart and lungs for a new supply.

We are assured that this is the fact.

In every case where we do not have the purest of air, we find that the conditions called "disease" are present. Not all alike, as the air is not all impure alike. But the necessity for pure air is some thing that should receive every consideration from every head of the household. If he does not see to the supply of pure air not alone for himself and his wife, but for every person under his immediate control, he is sure to have sickness.

There is no way of having pure air, unless this air is continually changed in the room where one is breathing. After the first breath we have drawn, the next breath that goes out, has contaminated that air and, whether we breathe the next breath ourselves, or some one else takes it in, the air has become impure from its mixture with the breath that has been thrown off from the body.

Estimates have been made as to how large the room should be to have enough good air to last them all night. All such estimates are uncertain and not to be relied upon in any case, from the reasons we have given. Every breath contaminates the air as fast as it is thrown out from the lungs as air that has been breathed. The only safe method is to have a room where the air is continually changed and pure air brought in for the needs of the occupants of that room. Sleeping or waking. It is certain that if the room is ever so large and there is no way of changing the air, there will soon be impurities more or less in the room and we shall find the air impure. Continual change is the only way to have the air pure.

Another very important change in the lungs, which we have explained in the "scheme of life", by which the white blood corpuscle is changed, by means of the condensation of its outer wall into

a red blood corpuscle with oxygen or pure air in its midst. Good, cool, pure air hastens this change.

This statement about oxygen being the only element needed in this change is, or may be, subject to modification. It may not be this element, though all chemists make it out to be this agent which makes the transformation we have spoken of. In any event it is some substance of the air, and unless we have 'this air' in its purest condition, we do not have the best results from this transformation of blood, from blue to red nor do we have the particles of the blood or the parts we call "carbonic acid gas" carried off, as they should be carried off, unless this air is in its best condition.

One of the primal cause of the deterioration of the blood may be in the air at once and all the time. We have degraded air in the in the school room; in the church; at all places of public gatherings, because too many tainted breaths make us to be filled with other particles of re-breathed air, thus preventing the carbonic acid from getting out of the lungs and from having the pure air, (whether it is pure oxygen or not, does not matter) from going into the cells to the cells to change the blue to red, and taking out the old particles and placing in fresh materials for all parts of the body, through the media of the lung cells.

Hence, we find that if we desire to be free from any and all kinds of diseases, we have to breathe pure air. In rheumatism, paralysis, and consumption this is specially the case. As long as the blood can be changed, we have a reasonable chance of changing our conditions of impure blood to pure blood. Nature, or the vital force does this changing, if we will supply the pure air.

We may think that it is only needed to have air enough to supply the lungs; a mistake, because it is not alone the lungs that need the air. All the body needs it. And, we should have enough to supply the lung tissues and then have enough to be carried from these lungs into all the tissues of the body. Air is needed and fresh air at that, in every tissue of the body for we find (thanks to the discovery of Dr. Jacob Redding) that unless we have air in these tissues, that we cannot have the proper amount of muscular contractility.

The Vital Force dwells in these tissues and without air, pure and good, it is only a question of time until the force will leave us unclothed.

In any and in all cases, we find that this change from the white corpuscle to the red corpuscle, is made under the influence of, and while the person is within the influence of, this pure air, and there is not much of any change without pure air.

Persons whose lives are passed within doors, or in some place where they do not have pure air, become white and then they lose in flesh and become weak and sick.

It is this rapid and necessary change from white to red, that makes the little ones have red cheeks if they sleep in a room where there is an abundance of pure air. They wake up with red cheeks all alive, because their blood has been changed white to red during the night coming in contact with this pure air. Whereas, if there was not any air in the room sufficient to make this change, we find them white and listless in the morning when they wake up. Oxygen, or pure air is a necessity.

Again, where children have not slept in a room with an abundance of air, although they may not show it for some months, yet, there will some change occur at sometime and may be two or more of such children that have been deprived of an abundance of air, will become sick and before anything can be done for them, they are dead. Because the corpuscles of blood are not in a healthy condition, or because they had been weakened with too much carbonic acid gas; the corpuscles were weak.

The inner tissues were weakened from this continued strain to make life exist under this starvation for air, and, when some other condition came upon them, too much starch—or a sudden cold—the tissues gave way and sent the freed mass upon the heart and they died suddenly.

This is also many times the case where we say they died from Cholera infantum. Lack of pure air has been the case up to the day they were taken sick. And something—excess of heat or dry air, came quickly upon them and they were dead.

Even plants that do not have enough of air and sunshine will pine away or grow in a very feeble manner. Witness plants that grow in a cellar.

How pale they are until they have the sunshine and an abundance of air.

We have seen very many deaths come from this deprivation of pure air, although in some cases, the room was abundantly large for the persons who slept in the room, if there had been an opportunity of changing the air continually, as it should be for perfect respiration.

Where there are two sets of beds in the same room, we find the ones who sleep in the lower beds are sick first. They have the lowest air. The heaviest air is the most impure.

The re-breathed air settles at the bottom of the room and thus



the children have the foulest air. So with children playing on the floor.

They get all the impurities of the room, because every breath is heavy and settles at the bottom of the room and they take this impure air into their lungs after the older ones have passed it out from their lungs.

Carbonic acid gas is much heavier than pure air and settles at the bottom of the room. If there is no chance for this heavy air—this carbon dioxid, to leave the room, it is drawn into the lungs of the children and causes them to be sick. Trundle beds should never be used in the same room for children unless the air is continually being changed.

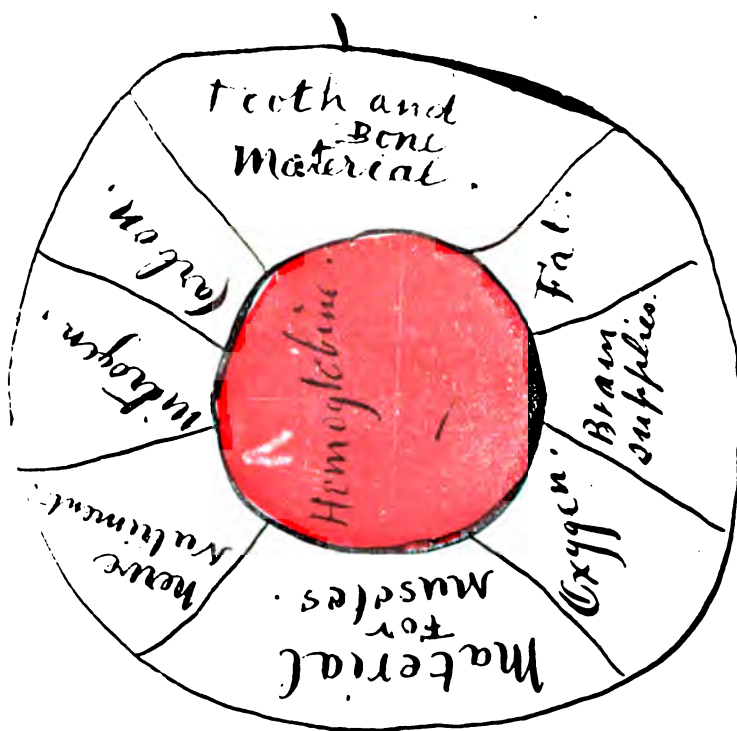
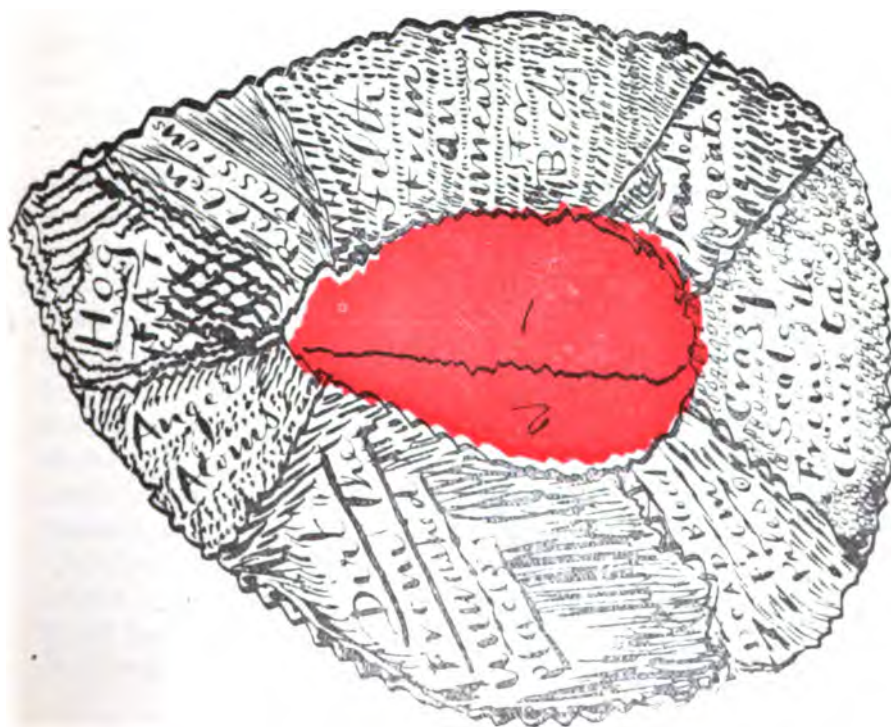
Opening a window, does not purify the air at the bottom of the room, because the carbonic acid gas, the heavy air does not rise up to flow out of the window, and does not get out of the room until the door is opened. Opening the window of a chamber in the day time and closing it at night only helps for a short time. If the bed is below the edge of the window, the room is never freed from this heavy carbonic acid gas which has been expelled from the lungs.

I have known cases of consumption, where the woman had to breathe all winter, the fumes of the rotting manure with which the house was banked up. It did not seem to do any good to tell the husband in this case and the wife was too weak to fight for herself. And she died.

The leading dentist in the town where I once lived, had a beautiful wife. They had a child born some time in the fall.

All winter they threw the slops out from the window. In the spring, the sun shone out. The baby became sick and before they knew that he was very sick, he was dead. I do not remember what excuse the doctors gave for its death, but presume that it was passed to the credit of an "over-ruling Providence," while the ruling of an overwhelming slop heap, rotting under the rays of the sun and sending the fumes from this rotten heap into the baby's lungs, would have the correct verdict, if one had to be rendered.

To have the best and purest kind of air, we should be at the top or side of some mountain where the air is in its pure and natural state, free from any admixture with smells, smoke of any kind, and free from any habitation where we should have to take in the once breathed air that has been laden with carbonic acid as well as other materials that are in the system, materials that come from diseased, impure and unclean bodies.



Plates X & XI represent (schematically) a healthy and an unhealthy Red Blood Corpuscle naming the supposed main constituents of each. The scheme met much opposition among a class, self assuming the title of "Scientists." The truths conveyed by these pen etchings have never been controverted. No one supposes the blood corpuscles are labeled on each constituent, but the facts of their composition from the food eaten remains unchallenged.



If the air is not ready to take up this old carbonic acid, or if the air is already burdened with other materials that will prevent the ready taking up of carbonic acid, then we shall have the blood corpuscles remaining in the same state as they were, and it will not be long before we have a stasis of blood, or congestion and any trouble can follow after these conditions of the blood. Any ordinary diseased condition can come from the obstruction of dead blood.

The most notable example of the kind of re-breathed air is the so-called Black Hole at Calcutta.

This was an instance where a number of Europeans were confined in a small space for a short time and being crowded into a room with only one outlet they were nearly all killed by breathing their own air over and over again.

This was an extreme case. But the same condition, in a small degree, obtains in every place of business where they do not have proper ventilation and it is just as fatal, only the end does not come as quickly; we do not hold these owners of unventilated places so much at fault as we held the parties who murdered the Europeans by confining them in this narrow space in the East Indies.

When we see the poor wash-woman having a "tumor," we are apt to call it a "dispensation of Providence." But, if we could see the effect of her having breathed the damp fumes from the soapy suds and boiling clothes, we should say it was the "dispensation" of wickedness and stupidity.

If we could go back and see how much of her tumor came from taking in and absorbing the stuff from dirty clothes, we would wonder that her case was not really worse than it is. Took in portions of it through her lung cells, taking in the particles of air that were laden with filth.

When we see her with the rheumatism, and see the color and conditions of her skin, we cannot wonder at the pains and aches of her body. And, if, as is often the case, we find her paralyzed, we need not lay this to the "dispensation of Providence," but to an inexorable LAW which declares that we shall have our bodies clean and pure. That we shall supply the Vital Force with wholesome materials.

It is understood, if we have made our statements plain, that if we have a lack of pure air inside of the body and inside of the tissues of the body, as well as the lack of pure air in the lungs, this lack of pure air, deprives the force from getting rid of the material

that has been used up in the body and should be carried off by the blood corpuscles.

Depriving the body of pure air, prevents the passage outwards of these old and worn out materials. Hence we have old materials inside of the body and when there is any accumulation of these particles in some one place, we see the bunch or the accumulation, and we call it a tumor. Why do we not call it what it is? Because the doctor, laboring under the ancient error and still believing in bugs, germs and spooks, will not have the plain facts, but will have a lie to deal out to the victims. And the foolish and ignorant victim seeing the bunch, or feeling the paralysis and not understanding causes, believes the uneducated and pagan doctor (but never a doctor because the word "*doctor*" means a teacher.) and yields to the M. D's. persuasions to have it cut out. All is easy when once we can see through the causes of things. If we cannot see through these conditions and do not know what they indicate, we are at the mercy of any one who may come along and make any statement to us. If we understand these causes, we can never be duped by any of the doctor fakes and spooks who demand so much and do so little for our welfare.

The reader will also at once see why the "Strychnine" or any other poison cannot do us any good in getting away some of these materials that may be clogging up some ganglion and causing our paralysis. And why the knife will only help the present accumulation of filth, when we are filthy in our habits. Verily, this would seem to demand some thought from those who think.

So too, when we see the man who has slept with some body who has been in an unclean condition for twelve times in the year and has this period of uncleanness for twelve days each time or for one hundred and forty-four days in the year and consider that this man's body was taking in foul air during this period of one hundred and forty-four days in the year, and that in one of those days or nights, (usually nights,) he has had a stroke of Paralysis, or, that the woman who has slept with this stupid man (—why not call him an animal? but an animal would never do the like) for the same space of time, is suffering from a stroke of Paralysis, we can estimate the vitiated air for a very potent factor in this stage of the condition—or disease or any way you may have it.

Of course, this may not be a very delicate subject, we do not say it is one that should be aired on the house tops by word of mouth. But, if a man or woman cares to get at these facts of the causes of things and more especially the causes of disease, let him or her

consider the uncleanness, or, the filthiness of one body when it is being cleansed.

Consider the odor. Then contemplate the fact, that this animal, beautiful as she may be and lovely as she is, has still ways and means of periodically cleansing her body and while in this cleansing condition she should not be disturbed in any way. And consider the fact, that in this day and in this age we have the greater majority of men and women sleeping together, not alone from one week to another but all through the lives of each of them. Reconsider the odor; the particles which must pass from the cleansing body to the body which is never cleansed in that way; the disturbance to one body in taking of the flying materials from the other body and you will be surprised when you count up five days in the month; twelve months in a year and five to fifteen of these years going right on and, in some cases of old men's paralysis where they had slept together for forty years. Oh, you cannot wonder at those old bodies being paralyzed or at anything that might happen to them. It is wonderful how extended a period a long suffering Vital Force has had to bear during these successive years of filth.

Consider all the dust from carpets; all the dust from spit; the air which has been in some tobacco user's lungs and passed directly to you or yours and then consider what effect deteriorated air has on the body thus victimized.

A family that lives in the other end of this village, has had many deaths from consumption during the past ten years. During every night for the past twenty six years, they have had a lamp burning with kerosene, all night, in one room or the other of the house.

This smell, and smoke, have so soaked the cell walls, that it only requires a very small cause to start the cell walls into decay and away goes the whole tissue of the lungs. There is no such thing as "Providence" about this cause and effect. It is stupidity. It is an ignorance born from brains that are inert.

A young mother was afraid of sleeping without a lamp while the husband was away. She kept a student lamp burning, turned down low. It smoked. There was no ventilation. Three children and the young mother died from consumption of the lungs. All of them did not die the same day, because all were not equally strong or equally old. But, they all died from the effects of an illy ventilated room and a lamp burning smoke. One child died first.

The mother had Paralysis and died. (The doctors called it consumption, but there was no consumption about it. She was paral-

ized.) Another child died. And two other of the children followed at different times. Four deaths from one mistake.

The causes that are always present in all cases of Nervous disease, are very greatly increased by breathing impure air of any sort. It does not matter if it is from re-breathed air from some other persons; smoke from stove or chimney: gas, as from the breathing in of the many sources of natural gas on this continent; smells, from any source; from decaying vegetable matter, or the smell from a compost heap; Lamp smoke and closely built bedrooms; odors from carpets that have seldom or never been shaken; musty places as from unused cellars; from some excrementitious materials, either from one place or the other, as from diapers, drying near a stove, or the burning of coffee or frying pancakes on the stove; burning mouldy wood in a stove; damp bedclothing; plants in the sleeping rooms; unused apparel of any sort, soiled articles, including shoes and boots or socks; gas from coal stoves; or, gas from the mains; defective plumbing; or from the stable being under the same roof; and finally, even from being in the same room or house with some invalid, who, from his or her condition, cannot get about to thoroughly ventilate the body and divest it of its peculiar smells or odors natural to it.

To consider the effect of these smells or odors, we have to understand that all kinds of air does not go alone into the lungs, but by means of the corpuscles, go into all parts of the system. The red blood goes into the kidney and into the glomeruli and there gives up its Oxygen and becomes blue or venous blood.

Every tissue in the body takes up this oxygen from the blood and uses it up in some manner not so well understood, but we know that, if the body does not have the correct amount of pure air, all of the tissues suffer.

Pure air is given up by all the blood corpuscles and they are changed from red to blue in these tissues. The corpuscle gives up a portion of what it has taken in from the air.

And, we know from the researches of Professor Redding that the muscular contractility, depends on the condition of the tissue in itself.

If we farther reason that, this muscular tissue in the innermost part of the body, needs this amount of oxygen to sustain life or to assist the material that composes the tissues, we shall understand in a greater degree the importance of the pure air question to every part of the body. Not alone in the lungs, where it becomes a necessity; but it becomes an actual necessity to the kidney in eliminating all of the urine from the body and we may judge that every

other organ and every other tissue in the body has need of pure air to hold the Vital Force in its place.

Or, to make a new formula: the Vital Force in every organ and in every tissue of the body has the most absolute need of the pure air to enable it to perform the various motions and sustain the life inside of the body and have the body in its best condition.

When once this air is not present, then we have a lack of action in the arteries or veins—and this lack of action means a stasis or stopping of some of the circulation and finally this becomes an obstruction and we have the parts congested or lacking in vitality, which is soon succeeded by general weakness of the body, or rheumatism, paralysis or some other abnormal condition of the nervous system.

One of the most common mistakes is to have ideas that the result follows the fact in a very short time. It does not. Nature resists all these effects as long as may be possible. Until the limit is reached and all the corpuscles have been literally used up.

When one touches a drop of Hydrocyanic acid with the tongue, death at once is present. Why? Because the living power or the vital force understands that it has no longer any business in a body where this acid is present and the vital force at once leaves the body.

Drinking filthy water or breathing in re-breathed air, does not at once drive off the vital force, but it endeavors by its efforts (in the fever in case of filthy water) to drive out this extraneous matter that should not have any place in the system.

When, after struggling, the vital force finds that the struggles are of no avail and that the stuff from any source is poured into the body as fast as its struggles can send it out, then we see the vital force preparing to leave. Symptoms follow which we call the symptoms of approaching death; or, a condition in which we see the vital force leaving first one place and then another in the body, to the chemical law. In the case of the presence of the acid, we find immediate action and vital force leaves.

In the other case, the struggle is set up and we have the leaving of the vital force after a struggle of shorter or longer duration.

This explanation will give us the key to the various forms and conditions that we call disease. Nothing comes without a cause and to every kind of disease, we find there is always an adequate cause behind, acting continually, whether we may be aware of it or not.

Why is air, good and pure air, so much needed by the vital force? If we ask ourselves why it is that air is so much needed



and why we can not live without any air whatever, we shall have to reply that this answer can only be referred to the Cause that gave the life force in the body to perform a certain amount of work in that body; to build up the body and to keep it in repair in every part and finish it as a residence for man's soul to dwell in.

In the case of an animal who is not supposed to have any soul, we see the same care exercised by the same force in that body as in the case of the human body. More so in fact; because the animals are furnished with an instinct or a species of knowledge that prevents them from eating or doing many things that would lead to their destruction.

The female will not allow the male to approach her unless it is the proper time for mating. And, in many other ways that are out of place here, we are shown that the four footed animal has a better and surer instinct than the human.

However we may decide about this, it is a sure thing that unless every organized being, plant, bird and fish on earth, has a sufficient amount of pure air, it will die.

The more impure the air is, the sooner it will die. And, there is no disease that cannot be actually benefitted by the presence of the purest of air.

Of all the methods of having impure air in the house continually, we do not know of anything more effective than the mode of heating the rooms with a stove down in the cellar. Here they heat the air which, is brought from the bottom of the room and has been used over too many times to speak of, and this air is sent again into the cellar to be warmed and breathed again. After a short time, we see the children who have to breathe this air, in every kind of a sickly condition. A condition from which they never recover until the home is changed from this most detrimental reasoning.

The common hot air furnace is responsible for many cases of fatal consumption. Steam heat is better and hot water is better than any other mode, for our colder climates.

How can we avoid this error of breathing in impure air?

The answer to this is that, unless we can have a continual change of air in all rooms in the house, we do not change these errors.

The first and best method, is to have a fire place in as many rooms as possible. There is no other method that gives us as quick and safe ventilation, as the fire place, if the chimney is built properly.

Each smoke should have its own exit and two or more smokes or gases should not be allowed in the same air passage. Have an air

passage for every smoke, or gas, or waste air to reach the heavens without being mixed up with any other smoke or gas.

Bear in mind that all kinds of impurities of air, settle at the bottom of the room. All breathed air settles at the bottom of the room. While it would appear as if breath would ascend, yet we are assured that the carbonic acid gas, being heavier, always settles at the bottom.

In this case, the fire place, having a draft directly out into the air, and knowing that heated air, will rise, because of its heat, we find that all impure air is better taken out by the fire place than by any other known method. It takes out what is known as the heavy air and leaves the best air in the room.

How is it that the fire place takes the heavy air from the bottom of the room? Because, the heat in the chimney, being lighter, rises, and makes a draught or suction of air at the lower opening—the fire place. We say, the fire place draws—but this is not correct. There is a vacuum of air in the chimney and the air rushes up to fill the empty space. The suction of air is the draft of air.

If this principle had been known to the dwellers of the sod buildings in Kansas and Nebraska how many women and children could have been saved.

The difficulty about the fire place is this:— We do not obtain but a small percentage of the heat coming from the fire place, while, if we use a stove, we obtain at least fifty per cent of the heat made by the fuel consumed.

Steam or hot water are the best heats. Even with these heats, we should have an exit for the used up or re-breathed air.

If this has not been provided for in building the house, then we should at once make provision for such an exit for all used up and waste air and also have provision for the ingress of pure air.

Jacksons' ventilating grate, made by Edwin Jackson & Bro., Beekman St., New York City, is the best method we have ever seen for supplying air and at the same time heating the rooms.

Some kinds of stoves, as the Howe ventilating, are to be commended for an arrangement that is meritorious.

The ingress of pure air may be from a window, although we think it would be better if one had an entrance from the roof. To the side of the room near the floor.

Some years since, acting on the fact that cold air settles, we had two air chambers placed in the garret, and supplied through a galvanized funnel, on the roof of the house much in the same shape as those used on the ocean steamers, leading to these chambers. From these (Tight wooden boxes 6x8 x 4.) the air was

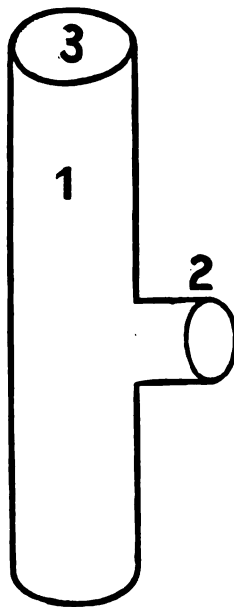
conveyed to the bottom of the rooms. Thus furnishing pure air at all times. In the most of the rooms there were fire places with an arrangement for steam heat. The Jackson Ventilating fire place was used in one room and the Cahill grate (made in 'Chatanooga, Tenn.,) was used in the other rooms. These are the two best grates and are not very expensive.

### VENTILATING SCHEME.

For the egress of all vitiated and bad air, I devised the tin ventilator which is herewith shown. No patent was ever obtained on this and it has been in use now for over ten years. Serving its purpose in many homes where they are unable to purchase more expensive systems.

It takes out all the heavy and cold air at all times and serves to

Fig. 14.



Devised by Dr. Melville C. Keith for the purpose of better ventilating the rooms where you live.

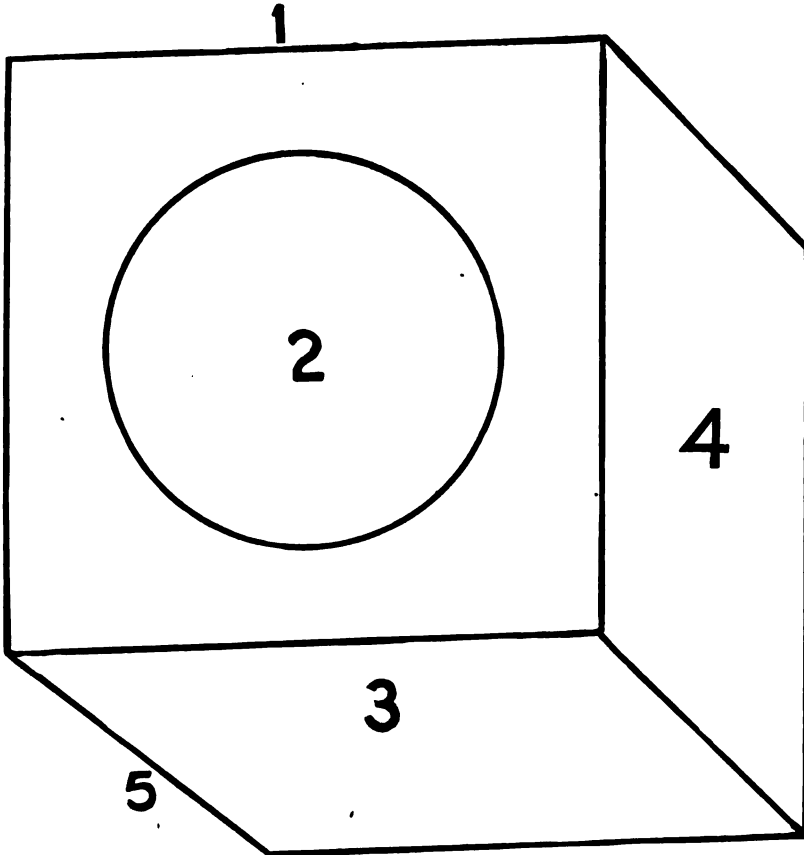
1. Stove pipe with T joint inserted so as to take in the ventilating pipe.
2. The T joint fastened on pipe.
3. Top of Stove Pipe.

Any tinsmith can put on this T joint. It should be made so it is fastened on by rivets on the stove pipe. The T passing through an inch or so and being cut into slits, the base comes on the inside of the stove pipe and is riveted on. The ventilating pipe always goes inside of the T joint on the pipe.

continually change the air in the room. It can be placed on a stove pipe or can go into a chimney aperture. Or, can be made to go out through the top of a window, and in any, or all of these cases, will be found to be an excellent aid to having the air continually changed.

Next to the fire place, this is the best arrangement for ventilating any room at a trifling cost. When once in position, it is at work every moment continually taking out all the impure air in the room.

Fig. 15.

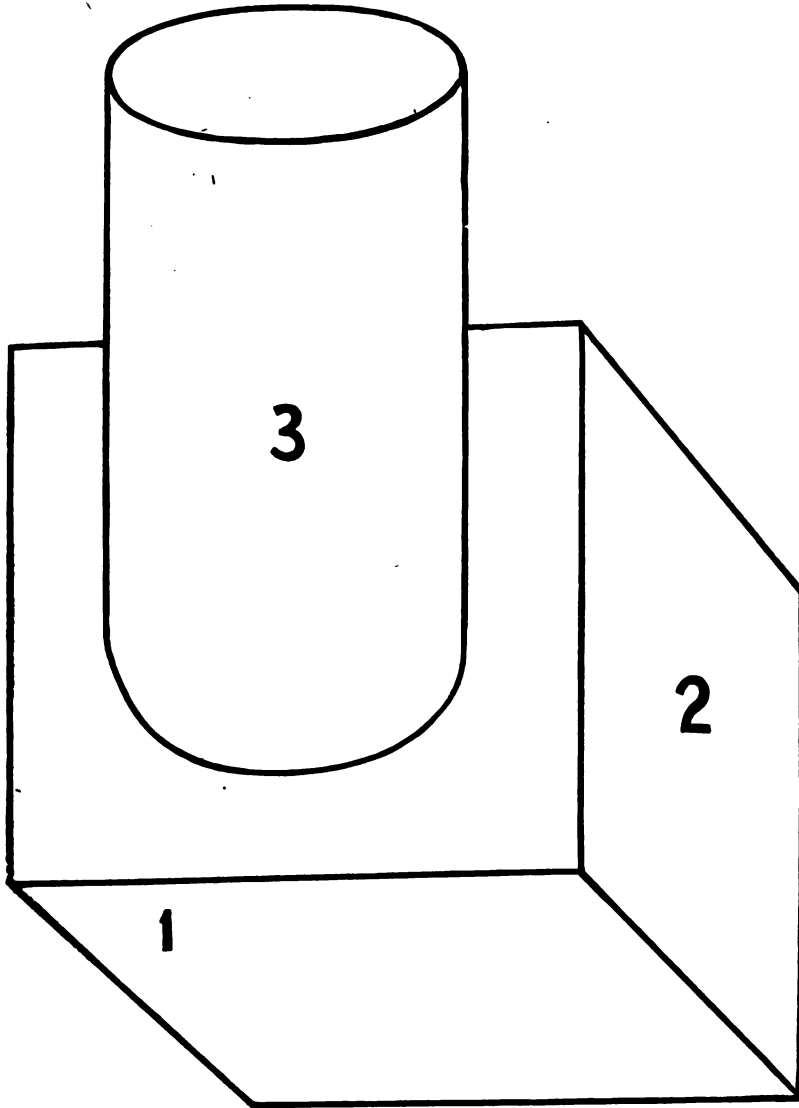


(Ventilating scheme devised by Doctor Melville C. Keith to take impure and carbonaceous air from any room. To change the air.)

Represents Box made of tin three inches high, four inches square, open on bottom and open on one side. This goes on the floor.

1. One side of box. Four inches square.
2. The open place made for the shoulder, upon which the pipe rests outside and snug on the box. Three inches in diameter.
3. Side of box. Three inches high. Four inches long.
4. Front of box made open. May be wired on the sides, or the edges can be turned over.
5. Side of box. Three inches high. Four inches long.

Fig. 16.

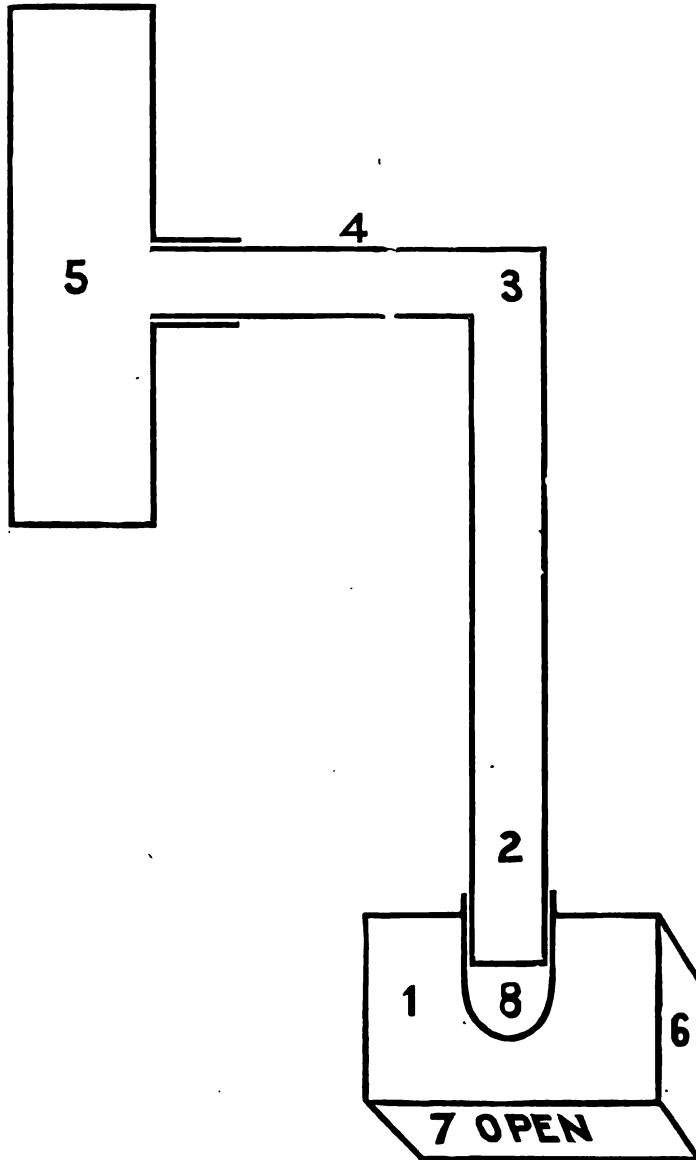


(Box devised by Melville C. Keith, M. D., in his scheme for better ventilation.)

1. Side of box three inches high; four inches long.
2. Side of box three inches high; four inches long. *ONE side to be left open.* The air passes up through this open space.
3. The shoulder in position. The pipe is placed on this shoulder fitting down snugly. This leaves a solid foundation for the pipe to rest on.

When this is in position there will be a continual draft of cold air passing into this aperture in the box, to fill the vacuum above. The pipe will always be colder than any other article in the room, showing that the coldest air is ascending through the pipe.

Fig. 17.



(Ventilating scheme devised by Dr. Melville C. Keith for the purpose of better ventilating any room. From drawings made by Author.)

~~No~~ No patent on this; any tin-smith can make it for you. ~~and~~ Have pure air and sound blood corpuscles. Sound in mind. Whole scheme in position.

1. The small tin box, three inches high; four inches square.
2. The ventilating pipe, through which the impure passes up. Three inches diam.
3. Elbow may be made six or eighteen inches from the stove pipe.
4. Pipe going into the T joint.
5. Stove pipe in position.
6. Side of box, three inches high, four inches long. It is placed on floor.
7. Front side of box. *Left open* so the air can pass out.
8. Shoulder in the cut is represented as being *outside*. *This is wrong*. The pipe (No. 2.) should go *outside the shoulder*. (No. 8.)

Of course, practically, it could not make much difference if the pipe was snug, as the impure air enters at 7, *the open space* and passes through 8, 2, 3, 4, into the stove pipe (5) and at the chimney and out of the house.

• *This ventilating pipe takes up the heaviest, coldest, most impure air and all the foul breaths (because breaths and smells are laden with heavy, carbonaceous particles) and all passes up in this draught, because it is warmer than the outside air and heat always rises.*

Do not allow your children or wife to have another night of impure air.

If there is no stove pipe, this pipe could go out the top of the window. Then a board could be inserted to keep the cold air from coming in over the top of the window.

*Foul air of the room will pass out, if it has a chance, but never does pass out through an open window, because it is too heavy to climb up. While, if there was a small pipe out, the draught would suck it all up and out of the room. Cold air coming in at the window (unless there is a draught out) does not take out the bad impure, and carbonified stratum of air at the floor. Only a draught can take out this impure heavy air at the bottom of the floor.*

**This is our assertion.**

**The room must be ventilated FROM THE BOTTOM, so as to take out the foul heavy air at the bottom. If this is done you will have pure air.**

If there is a spare stove pipe hole in some chimney, use that.

If not, then have your pipe, long enough to reach the stove pipe.

In one joint of the stove pipe, have the tinner place in a small joint large enough to take in the end of the three inch pipe.

Measure from this joint to the floor.

Have the lower end of the pipe to go over a small box, made of tin or zinc four inches square,

Have the box open on one side and open on the bottom.

Have an elbow in your three inch pipe, so that the pipe may be a foot or eight inches away from the stove pipe.

Now place the joint of stove pipe in position.

Insert the end of the three inch T joint of the stove pipe.

Have the box (1-6-7) sitting on the floor.

If there is a damper in the stove pipe, have the T joint above the damper. Why? Because the draft through this ventilator should never be shut off. And the damper if turned, would shut off the continual passage of air, through your ventilating pipes.

When this ventilator is in position:

1 It draws up all the foul air.

- 2 All the cold air gets up through this pipe.
- 3 It gives your heat a chance to go all through the room.
- 4 It draws the cold air from the adjoining rooms and lets the heated air go into them.
- 5 The floor is as warm comparatively (in a few hours) as the middle of the room. The heat can get down after the cold air is drawn up out of the room.
- 6 This ventilator sucks up the dust, and smells of the room.
- 7 Makes a draft on the room at the coldest and most impure part and thus creates a circulation of air for you and the babies to breathe.
8. Equalizes the circulation of air, so that it is not compressed nor rarified.
9. Gives all other pure air a chance to enter the room because the bad, impure air and carbonic acid gas is taken out.
10. Gives better air to the stove and produces better combustion of the fuel.
11. Gives you more heat for the same fuel.
12. Equalizes all the heat because the cold air is taken and passed out of the room. Your room is just as warm at the bottom as it is at the top, because the cold air is taken out from the room through this pipe continually. You may be asleep, but this ventilator continually takes out the bad air and has your room sweet and clean in regard to the air you are breathing. Wife and children as well.
13. Saves you fuel, because some of the heat gets into all the rooms in the house. Whereas before, you could only heat the room where the stove was.
14. Saves doctor bills, because it supplies the little ones with pure air, this keeping you from unhappiness and misery.
15. Cleans out your brain; because without good air you cannot think good or reason correctly.

To recapitulate:

All re-breathed air is impure and poisonous to the lungs.

It is heavier than pure air.

If it is heated or warm, it will rise, if it has the opportunity.

Therefore all rooms should be thoroughly ventilated from the bottom of the room. Because heat rises upwards.

If you ventilate from the top of the room, you only let out the heated air, while the impure carbonic acid gas remains at the bottom of the room.

Children who are on the floor have to take the most impure air.

The fireplace is the best ventilator.



Jacksons' ventilating grate the best.

The Cahill grate, made in Chatanooga, Tenn. the best plain grate.

After these two then the foregoing will be used on account of cheapness and of effectiveness in every room in the house. Especially in the sleeping rooms where there are two or more persons sleeping. (Do not forget that sunshine is needed in your rooms every day. You cannot sleep in any room safely, where the sunshine never comes.)

The foregoing shows this method as put into a stove pipe in any room in the house. When this is in any room, on the same floor, it will take all the bad or impure air from all the rooms on that floor. If the adjoining room doors are left open.

### WATER.

Pr. 81. The human body is composed, in a rough estimate, of two thirds of its weight, in water.

All kinds of food are filled with water and without this liquid, we would not have the fluidity and easily running nature of the blood and as we find it.

Water is absolutely necessary to the welfare of the body both for the regulation of the proper temperature and to keep the fluids of the body in the proper consistency.

From the earliest of infancy, to the extreme of old age, we find that water enters into every particle of food in great majority of its particles. We are thinking about the food of the infant, as being of the utmost importance and so it is, and when we come to examine the composition of the simplest of foods, milk, we find there are more than four fifths of this food, water.

Composition of milk.

Water	873 Parts.
Casein	48.
Sugar of milk	44.
Butter	30.
Phosphate of Lime	2.30.
Other Salts	2.70.

Water therefore, is really, after food, and may be first before the food, because the food that did not contain some of this water, would not be healthy or sufficient to sustain the material in which dwells the Vital Force, and, we should soon have a departure of the Living Force from the body without water.

Its importance cannot be over estimated nor its effect on the

system be foregone. It is a necessity and we must have this element or we shall die.

Among the various water supplies, we find the rivers and lakes are general suppliers, as well as all kinds of wells, good, bad and indifferent. In the southern part of the nation, cisterns are depended on.

There is not one river or lake in this U. S. where the water is pure or, even approximately pure enough to keep the body to old age in a healthy condition.

Take any of these waters and analyze them and we shall find filth enough in every gallon to obstruct the human body and in a few years to stop the fluids of the human body from running. The reason why it does not stop any faster than it does, is from the fact, that all kinds of fruits and fruit juices have in them an acid and this acid is able to dissolve many of these obstructions and keep the organs free from the worst of them.

After a time however, these organs become filled up with the atomic portions from the solids in these impure waters and we have the clogging of the nervous system as well as the destruction and filling up of the Glomeruli of the kidneys and the obstructions being in position, we have the clogging. Then we have the results of this clogging and which in the most common instances take the form of engorgement of the liver, kidney disease and rheumatism, paralysis, with all varieties and conditions of nervous disease.

The fruits, contain distilled water and, with this water from fruits we have a solvent that takes out very much of the foreign material that is in the drinking water. But, even with fruits of all kinds and other solvents, we find that in large cities where the water supply is from the rivers, we have many conditions that are foreign to the diseased conditions of those who live in the country and have the water supply from the wells. Those who live in the country live longer wherever they have the purest water to use. Where the water supply is from limestone rock, or where the supply is filtered through the barn yard, we have the family whom the doctors treat as invalids. Here too come the inmates for the insane asylums and for other places provided for invalids. Impure water; limy water; Gypsum waters; and waters that have been filtered through the grave yards, are what produces fully one tenth of all the invalids in the United States.

If one desires to have ocular demonstration of this mass of material that is passing daily into the body from the water that is used, let them examine the teakettle in their kitchen or, better

yet, boil down a gallon of the water they are using every day and then consider what the kidneys, liver, spleen, lungs and uterus are doing with this material that is daily going into the stomach, bowels and through the general system as all water has to go before it is eliminated from the system.

In England and in some parts of the Continent, they have much chalky water. The result in those countries are gout and chalk stones as well as stones in the bladder, kidneys and tumors in various parts of the body.

As long as the body of a child is growing, or as long as any unusual exertion and waste can use up or take care of this material that is placed in the body,—first going into the stomach as drink or as any other kind of fluid, soups, sauces, relishes in any condition—so that it contains this alkali, lime, chalk, iron, gypsum, or any other kind of mineral; and as long as the body can use up this heavy material in the bones or in any of the tissues that are growing and being built up, this hard or mineral material may not be noticed, except to a small degree.

But, the very moment the body has obtained the quantity that is needed to make the bones hard and solid as lime or any other hardening substance that may be used for bony material, or for gristles, tendons and any other tissue of the body where these elements can be used, then we commence to have an excess of this material and it has to be carried off out of the system as fast as it goes in, or, we shall have an excess in some place and we cannot use it up.

In the human body, this excess is carried where it will be out of sight and may do the least harm.

But, it must be carried some where out of the general circulation, so that the heart, liver, kidneys and the important organs can be kept running.

Accordingly this material is carried into the kidneys, as the first outlet.

Here it is passed off as rapidly as possible, and very much of it is passed off out of the body through these organs. All of it cannot be passed off. After a little, because of the kidneys, as we have shown, will not be able to be always straining off this alkali, iron, gypsum or what not, we will have the glomeruli filled up so that they will not be able to carry off any more of the particles of these minerals.

What then? Then we have the kidneys filled with these particles of lime, iron, gypsum, etc., and they become joined together. What may these joined together agglutinated particles become under the influence of heat and moisture?

These many atoms become one mass and are called, in the medical parlance:—

“CALCULI” or stones in the organs.

Yes; this is the exact cause of stones in the bladder; this the beginning of “gravel.” And this is why in many persons there are stones in the kidneys.

A most notable example is the case of the celebrated Lawson Tait, of Birmingham, England, who died July, 1898.

This justly, world wide celebrated man had two stones in his kidneys. Or, a stone in each kidney. And died from the effect of these stones in his kidneys.

Either he did not know how to get rid of them; or he never thought of the primal causes of these stones and where they came from and how they became solid masses in the kidneys.

We have no desire to have a long string of letters attached to our name and therefore say—if you do not understand how this mass of stones could come into the kidneys of this worlds’ greatest surgeon and this man with a world wide fame, we will take you out into the kitchen and introduce you to the coverings and the scales or the masses of concrete stuff which you will find there inside of your cooking vessels.

Then we ask you to gaze on the clear water that has gone into that kettle and from which water these mineral masses have come, and ask yourself how it was that this clear water, should have deposited these atoms in the bottom of the kettle and then these atoms have become joined, hardened or agglutinated together to form so many of these hard bunches.

If you have seen this transformation—if your mind can grasp the truth as it appears before you, in the water from your well, hydrant or water supply; from any where, then you will see why and from what cause, this famous man was overthrown in the prime of his age, by not knowing what was taking place inside of his body.

While you see this water in the glass, or in a pail, it may look to you as clear as the crystal. And so it is. But, the particles that are inside of the water, although in the finest of particles, are just as hard as the crystal and when they are placed together under the influence of heat, as they are in the teakettle, or in the kidneys or in the gall bladder, or anywhere else, where they can find some place to remain quiet a little while, or, where they may be added to, by being close together, as in the bottom of the teakettle or in the gall duct, these particles adhere, cohere, or stick, together and when they are yet close together and stick together, we shall have

them in one bunch and in a very solid bunch at that, instead of appearing as they do while they are held in solution or are dissolved by the action of water.

It is right here, that so many people commend themselves to folly by not considering the cause of their condition.

Take the head of the family with the back ache. He will not think of the kind of water he has been drinking and he takes some kidney dope to relieve him from feeling these bunches of lime that are commencing to settle and form in his kidneys.

The unhappy woman, who has eaten wrong food and drank this water in her coffee or in the tea, cocoa, or any other kind of drink she may use, seldom or never thinks of what is going on inside of her body. When she has the dragging down that comes of a heavy uterus, she lays it to "*some obscure female disease*" and has the doctor to examine her generative organs. She really would show good sense by thinking of the substances that the water is composed of and she has been placing inside of her body.

Any one can see these conditions if they will just take five minutes a day to think them out; but the great majority had much rather go to some doctor and be tickled about a new name of a bug and be overawed by the majesty of this self appointed teacher of humanity, than think about the truth. And many persons are unable to think for themselves.

Before we commenced to receive these truths, we were in just the same condition. And it seemed as if there was something wrong with the world and with humanity, that in many cases the good die young, while the wicked live and flourish.

But, the goodness or badness of the person, has nothing to do with the conditions of life. Not a thing. If we obey the laws of life we shall live all right on this earth. If we will not obey these laws of life, it does not matter how good we are, if we ask the Lord, Jehovah ever so much, he will not lengthen our days until we get on to obeying his laws. It is the matter of obedience and not the matter of thinking of it.

Put hard water into your system and you will be liable to have gravel and kidney disease, no matter how good you may be.

And keep this stuff and other mineral substances from your body and you will be liable to live to an old age, no matter how great a sinner you may be.

The Laws of Nature are God's laws and we must obey them if we desire to live long in the land.

It will not do to say that these transformations will not take place in your body, because your body is under the same natural

law that any other body is under and if you will not heed these facts that have taken place in other bodies, and if you will not listen to truths that are plain around you, then you can toss this book into the fire, for we cannot do you any good. There are millions of inhabitants on this earth that will never have this knowledge, any more than Dr. Lawson Tait had it.

They are too busy to attend to themselves and for want of this attention to the care of their own bodies, they go over to the great Hence. Are you ready to go?

When we came into this little village where we are now finishing up this series of books, we became acquainted with a young man who was just married and was commencing to have a little family.

Although he professed to be a christian (but we know the poor fellow was actually a pagan,) he told us he had no time to spare to read our little books. He was busy earning money to buy land.

Soon after his eldest child was three years old, he let it get cold and then it had the croup. They called in a young allopathic man who dosed the child until he gave it up to die.

Then they called this writer, and, without any malice, we went over and pulled the child out of the dangerous conditions. We gave medicines and cleared out the child's throat and obtained relief and soon had a very reasonable expectation of having the child get well.

The young allopathic poisoner had telegraphed and brought down from Mansfield, a neighboring city, another of his same brood, and they coaxed and wheedled this young father into having the child cut open and a tube put inside of the throat.

When they had decided to do this, for, of course, this was what the other allopathic came down from Mansfield to do, this writer left the house without a word, although, in his heart he was mad at the fool father and surprised that any parent could allow his child to be butchered by such frauds.

The two allopathics put in the tube. The poor little girl, scarcely three years of age cried for food and yet she could not eat.

To bring this to an end as quickly as possible, we may say that this unhappy child suffered a whole week and died.

The man had lots of experience that week. But, still the other day he told this writer that he had no time to read about anything only what pertained to his business. Raising hogs to buy more land, to raise more corn, to raise more hogs to buy more land.

If this truly wonderful man—Lawson Tait, M. D., of Birmingham, England, had taken more time to look after his own body and

to consider how he could live best, he would have been living yet, for he died almost in the prime of life.

We are not sure that this will make any impression on our readers, but, it made a very great impression on our minds and we are here to say that we are not drinking any hard water and we do not expect to have any gravel nor any tumors nor any kind of stones grow inside of our bodies from placing these materials inside of our body. Unless as the result of what we have done in the days of our ignorance.

For we understand fully, and we hope we have made it clear and plain to every one of our readers; that when we place these mineral atoms held in solution by the water; or from the oyster; the crab; the lobster; the clam; any or all these things, inside of our body, then we must have the kidneys, liver, bowels, lungs or skin to excrete this material or these atoms will remain in us. And, if we get in too much of a supply of these articles, we will have an excess and this excess when it gets together, will form one or more bunches, and we shall have a (calculi) stone of some kind some where. Which we do not want. Please excuse us.

Of course, this is not all, nor half, nor one hundredth part of what could be said on this subject. But, if we have your mind called to think of these facts, we are sure, in your own self-interest, you will carry out these thoughts so that they will do you a great deal of good.

You will begin to think, when you take it into your mouth, what kind of water it is that is going down your neck and where it will go to, and whether it is hard or not and this will be of more practical value to your body than if you owned a half a hundred more hogs than you do at this time.

If the reader of this should chance to be a woman, and one that can reason from cause to effect, she will see that in this chapter, we have given one of the basic causes for all kinds of solid tumors in the system after her body has obtained its growth.

When the excess of these minerals can no longer be carried from the system, by the bowels, kidneys, and skin, then in a woman, this material which we have endeavored to call your attention to, is carried by the blood corpuscles into the uterus and sent through the walls of that organ as well as through the walls of the vagina.

Some of it is sent up through the system of ovarian arteries (which are elsewhere shown under Ovarian Diseases) and lodges in or around the ovary.

After it has obtained a nucleus and still continues to be poured into the system through the avenues of drink, or any other way—

soups—washing—bread—cakes and in all manner of cooking—then we see in the accumulation of these matters in and around the ovary, why we can have an ovarian tumor and yet never have any thing really the matter with the generative organs and never have any “female weakness” but by having an *excess of these materials* we can have a gigantic tumor of the ovaries or of the uterus and be obliged to submit to the butchers to hew off these accumulations of our folly. Or stupidity. Or, perhaps we should say, our ignorance or thoughtlessness. For, we really think, if persons could see the results of this disobedience to these laws of nature and realize how easy it is to do right, when they know what right is, then we should have a better world and fewer sick persons in it.

But when we study over these conditions and the great number who will never know and never will care until the death damp is on their brow, we go back to the old refrain—“*The wise shall understand.*”

Of course, this is not very well, or even a very little understood.

But, it is the fact. Every gall stone on earth—every kind of a stone in the bladder—every kind of a calculi—and all kinds of gatherings come from some previous cause.

This cause will be found to be from the hard water that has left an excess of this stony material in the body; or it will be found from the cause of too much lime from breads or grains of some sort, which provide too much of salts of lime; or, it will be found to be caused by the action of some of these mineral baking powders which have come into such common use during the past gfty years.

Consider this fact for your own self and think that nothing can come with out a cause and this cause must be in the body before one can have any of these accumulations in any part of the body and you will have the key to all of these so-called diseases of the stone age. Gall stones: Gravel in the bladder or else where; stone in the bladder and any other concretions that may be found over the body. All made and caused by the excess of hard water or limy or chalky water: or by excess of materials as of cereals that contain an excess of lime in their constituents; or from baking powders that have been placed inside of the system and which baking powder has been made from a mineral acid, or from an alkali or both, which when joined together will form one of the hardest kinds of stones in the body.

To prevent any kind of formations, avoid the excessive use of breads and stop, wholly, the use of any baking powder or soda in your food.



Drinking water, in which are chalky deposits held in solution, will surely bring about these calculi and no matter by what learned name we call them, they will do us up effectually.

Many forms of kidney, bladder, and liver trouble, arise from conditions brought about by these particles from the hard water.

They are introduced into the system through drinking or through cooking and when in the kidneys, these particles agglutinate or stick together and we have the common form of "calculi" before spoken of.

But, when these particles have gone into the Liver and have been used up in the best manner that the System can take care of them, then we have them sent into other parts of the body or into any part of the body and wherever they may be sent, they prove to be an obstruction to the circulation.

In the bowels, this hard water may serve as an irritation to irritate the muscular striata on the coatings of the intestines and thus prove an aid to excessive constipation. We may be assured of this fact, when after changing the drink and usage of hard water to distilled water, we have a change in the condition of the bowels.

They may become soft and soluble.

Conditions of the bladder brought about by using hard water, are so numerous that we should go over the dictionary to find names for them.

Consider for a moment that when the particles of hard water go into these little apertures and become clogged, we have these particles as hard as lime rock, clogging up the arteries. Then, if the doctor is called and gives some chemical or some agent that will "drive" down and, when the agent goes inside of the body, is carried to all parts of the body, comes in contact with this lime rock or this gypsum deposit, will it be supposed that the doctors' agent will soften this compound?

We know better. The doctor does not know and never will know how to overcome these conditions.

On a hill a little outside of the town of Bellville, Ohio, is placed the grave yard. The creek runs at the base of the hill where the grave yard is situated and runs around the edge of the town.

In the town along the Main Street, are placed two pumps. At the lower one there was a merchant who had been in the place for some years. The water was very hard, which any one could tell by washing in with any kind of soap. This merchant drank very freely of the water from his pump. We had spoken of the condition of this water many times to this merchant. But, he said it was good enough for him.

In 1898 he had a tumor of his gall bladder. Or in some portion of his anatomy. He went up to Cleveland, Ohio, to have an operation performed, but the surgeons would not do it. They said he was too far gone. So he came home and died. And was buried.

Such cases are transpiring all over the nation to-day. Yet, the "health boards" nor any of the doctors nor any of the colleges are doing anything to enlighten humanity about these causes and effects.

How does hard water produce these tumors and hardened arteries? By adding a particle of lime or gypsum, iron or any other mineral from the water drank or used in any form, to the particle that was lodged there the day before. And, in a few years see what an effect is produced. What a tumor? or, a gall stone? No chance for germs here. Simply an accumulation of lime or other minerals.

The kidneys are clogged up. The liver becomes hardened. And, it does not cure these conditions to give them some grand name as "Cirrhosis of the Liver." The result is just the same. Death and oblivion. The brain becomes obtuse and the life shortened.

How shall we avoid this error of hard water?

Wherever possible, have a cistern and have it free as possible from smokes and dirt on the roof. Have the winter rains in it and keep this for drinking in the summer. Keep the summer rains in another cistern to be used as bathing and washing water.

In all cases where the cistern cannot be made available, have a small distiller and distil all the water used.

There is a fair distiller made at Cincinnati by Harrison and Co. They call it the Puritan Distiller. It will do for those who do not think very much.

The Distiller called the Ralston Still will be of some account to those who have prejudices in favor of this club of egotists.

But the still made by the Cuprigraph Company of Chicago is at present the best on the market. This will do more good work than both of the others and will last enough longer to outwear and outkeep a dozen of them.

When the man takes his wife, if he desires to take care of her, let him have a cistern and have the distiller also. Why should he raise children to become burdens for others? He should not. When he raises children who have weak kidneys from hard water and whose brains are hardened from the use of excessive lime in the water, then he is bringing burdens on the nation. Why should he not have workers who would do the nation some good in

the various branches where we need them ? Instead of raising  
valids.

**Soft water**, or distilled water will render the skin soft— will  
cleanse out the kidneys, liver and intestines in the best manner.  
No other agent can do so much towards the cleansing of the entire  
body as distilled or purely soft water. Without these aids, we  
cannot have as good success in taking care of our own bodies or the  
bodies of those we love, as if we had it to cleanse out the system  
with.

### FOOD.

**Pr. 82.** Among other necessities of the body is the taking in of  
food for the purpose of supply and demand, nourishment and  
repair of all the parts of the body.

These supplies go under the title of "food and drink."

When food goes into the stomach, if, in any condition of solidity  
it undergoes a transformation in this stomach, into a finer condi-  
tion, and being disintegrated, passes on into the second stomach.  
The mass is, or should be, disintegrated and mixed with the fluids  
coming through the walls of the stomach.

While in the second stomach, this now disintegrated food,  
should be mixed with the pancreatic juice, from the Pancreas and  
with the gall or bile, or both to some extent, and then pass out  
into the small intestines.

Pancreatic juice is said to "emulsify fats." Or to disintegrate  
fats. At any rate, there is, or should be some addition in this sec-  
ond stomach, and the food is more elaborated or changed from its  
original state while in the second stomach.

From the second stomach, it passes into the intestines, where it  
comes into contact with the lacteals and, a portion of it is taken  
up and goes into the general circulation, while some of it is taken  
up and passes to the thoracic duct; from where it goes to the heart  
and from there to the lungs and thence back to the heart and from  
there all over the body.

In any of these changes, the food never "turns to" any thing.  
Never.

Food does not contain life and therefore it cannot do any thing  
of itself. Food cannot act of itself.

There is no such act as food "making something." Or, that "food  
makes strength." This is erroneous. Food goes into different  
conditions because the Force in the Body changes this food from  
coarse to fine, and, when it has undergone all these changes, it  
becomes food for the corpuscles of blood and, when these corpus-  
cles have been fed, or nourished, we have the Force that we call

**Strength.** Because the Force is able to perform certain actions if there is material enough placed within its reach. Within reach of the place where the Force dwells, in the corpuscles. "Blood is the Life." Is the dwelling place of Life. Life is the Force. Intelligent Force which builds up and keeps the Body in repair. Force needs material. Food is material.

We find in all nations that they are supplied with very different classes of food. Some one kind, as of cereals, meats and fruits. Others are fed on fish and fruits; and a third, eats everything that grows or runs, or swims in the seas.

Only one race have any fixed ideas in the matter of diet, and this is the Jewish nation. They have their food, divided into two classes and they are supposed not to eat anything of the unclean class. We find where they have followed out the orders or ideas given by Moses, that they are in much better condition than other nations who have never had any instructions as to foods.

As we have to do with two nations, (English and American,) we have to take up their ideas as to food.

And we find that among some classes that they have divided the food into two classes the:—

Histogenetic or tissue-making food.

Calorifacient or heat-making food.

But, we shall find that in any class or any division of foods, we shall come to regard them as merely arbitrary and not of any definite value, only as regards our particular cases.

We will examine these particular classes later on. What we desire at this time is to get at some particular errors, and, if we can place these in a definite manner before the reader, he or she will find it of immense advantage at once, not alone for himself, but for the rearing of his family. And these ideas cannot be set aside with a remark which a well known physician made to this writer almost twenty years ago.

With the usual clearing of his throat, he said:—

"Digestion is a physiological process and it does not make any difference what is eaten, so that you have enough of it."

To have felt the force of this remark, one should have been of an inquiring mind and studious to find out the right thing—and then—to have a "professor from a Medical college" stand up and look you in the face with an expression of disgust as he said it, as if you were dirt under his feet and hardly worth the kicking to pieces.

But twenty years have elapsed. Crawling through the slime of Gentile habits up to daylight, we see this same professor with his

eye taken out and a hole in one side of his head from having an operation to take a cancer from his face, and we say to ourselves:—"but it does make some difference what you eat, and it makes so much difference that even God, Himself, saw fit to tell his chosen people what not to, and what they might eat."

When we have considered the different classes of foods, no matter how many or how few we may make these classes, we find that the class that contains starch, is the one that becomes the most interesting to us.

1. Because it is the most common.
2. Because it is so little understood by all classes of people.
3. Because this starch class of food, is really the basis of conditions that are unthought of by the masses of people.

We think of starch as a food and we might imagine that this starch is as easily transformed into blood as any other class of food. Really, it is never, under any circumstances transformed into blood because nothing can be transformed into blood only under the direct agency of vital force. All the food can do—and of itself it does nothing—is to become food for the blood corpuscles. When the corpuscles are well fed, then we have good blood and good bodies. Every thing is always all right when we have good blood, because all of the body is built up by these blood corpuscles. The generality of the human race never have an idea that there can be any difference between one kind of food and another kind.

At this place, there is often an error about the effect of starch.

Starch (*Amylum*.) is a vegetable compound which has its symbol chemically, (C. 6 H. 10—O. 5.) and is of such a nature that it cannot be changed from this compound, in any way, but by means and intimate relation with—AN ACID.

It can be diluted and disintegrated with water. It can be made into smaller atoms, by means of more water. But, it will still remain starch. It can be decomposed by strong lyes. Or strong Alkalies or Potash.

When Starch has been placed in contact with an acid, it changes its identity and is known first as glucose or, while in the body, it is known as "dextrine" and then it becomes sugar.

Some, we might say very much of this starch can be used up in the body as starch. It can go into the system and be used up, as starch.

But it is still starch.

As starch, it will go to the blood corpuscles as food, until all the body is filled with this starch.

Unless there is an amount of acid in the body to transform this

starch into sugar, for all our purposes, it still remains starch, and is the same old sticky mass that it was when it entered the stomach under the pretense that it was food for the corpuscles and food for the body.

The blood has to be in a condition to do its work. Then the time comes that the blood has too much of this sticky compound in it and there is no method of getting rid of it, then the body becomes filled to such an extent that we have what is known as an EXCESS OF STARCH.

The doctors do not explain to us this condition, because if they did, we should find out at once what to do without their aid and counsel, which would be a very unpardonable offense and we might prevent some of their fat fees and some of their emoluments.

But, this is just the fact.

The larger the amount of undigested and unused starch the more sticky the blood and finally the body becomes clogged and the less the corpuscles can do their work in the best manner. So we have an excess of starch and have what will soon be called a "clogged up" condition of the organs through which the blood passes.

Among the first organs that suffer are the two kidneys.

Now, while we have been considering this condition of the kidney, it is in fact that when persons eat an excess of starch food, they finally get into some condition where this excess of starch comes in contact with some ferment of the body and then and there, there will be found some sugar in the system and when this starch has turned to sugar from its contact with the needed amount of acid, we can have sugary urine, or we may have what is known as "Diabetes." Or "Diabetes Mellitus." All from the excess of any food which contains too much starch.

Or where it has been continued too long.

When the kidney can no longer carry off this excessive amount of starch, then we find the tissues are filled with this starch, which, with some other compounds are too sticky for the blood and we have the sticky condition transferred to the muscles and we have a loss of good, active circulation in the arteries and veins. The blood does not circulate good and there is too much starch and not enough of oil in the joints and we find the joints send a message that they cannot act because there is too much starch, albumen or some sticky condition of the blood.

When this has occurred, we may have not all or even one of the arteries completely clogged up, but, we have the lymphatics partially clogged and, a little after this, owing to the heavy, clogged condition of the blood, we can have the nervous system laden up

with this inactive or starched up material which no longer can be used up by the corpuscles or the nervous matter. Atoms of starch in excess all over the body.

We will soon come to the end of this condition, when we have this excess of starch overflowing into the mucous surface, in the effort of the vital force to send it out through any avenue of the body, and when it comes into the mucous surfaces, we have the exudation and we call this exudation "Catarrh."

In the woman, when this amount of starch, or any abumenous substance, has become so excessive as to cause its outflow through the walls of the vagina or, even through the walls of the uterus, we find the flow called "the whites;" "or LEUCORRHEA."

We submit that if this were very generally known and if this condition of the body were understood by the laity, we should have a transformation of the diet on this continent in a very short time.

Our readers can see that if every woman who has the whites, or who has some weakness, really knew that her eating the Irish potato in excess, caused her to have this offensive discharge, or, if she realized that the bread she ate was seventy-five per cent of starch, and that this bread was coming out through the walls of the vagina, she would change it.

But she does not know it. Who should tell her? She pays the doctor for his advice and the doctor advises her to try some medicine. She tries one thing and then another, until she is discouraged and then, perhaps finally, she is married, has a child and lays all her troubles to female disease, while, in reality, she has nothing more than an excess of starch in the body arising or coming from the excess of starch that she has taken with her breads and potatoes.

Take a similar case, which becomes a "cause," in every sense, when one considers the conditions.

The woman is constipated from the use of this bread or may be some starchy potato.

When the bowels are clogged up and the feces remain in the rectum or in the colons, the watery parts of these feces are absorbed and pass through the walls of the rectum and can be taken up by the bladder and by the walls of the uterus. This causes a heaviness in the uterus and when this heaviness comes, we may have what is termed a "falling of the uterus," because it really becomes too heavy for the ligaments to support it in its place. Prolapsus uteri—Falling of the womb.

Who tells the woman of the first cause of her troubles? No one. She still trusts her doctor and the end is "treatment" and mon-

ey out with only a partial relief, until she is on the operating table to have these offending organs out of her body. These are the facts and these are the conditions of to-day.

Our doctors, dear good doctors, either do not know of these conditions, or, if knowing, for reasons that will appear very obvious, when we scrutinize the effect it would have on their every day practice, never tell any of the victims to this condition.

If one desires to yet consider these conditions from a more practical view point, let the reader think of the condition of the starch before it is applied to the laundry articles. Here it is applied while it is warm and fluid. As soon as it becomes cold, it becomes stiffened and we have what is known as the *starched condition*. Stiff and hard. Solid.

I am of the opinion that the great majority of the doctors never have heard of this set of facts. They never think of these conditions and have no desire to learn of them.

While on a visit to Chicago, in 1878 I presented a letter of introduction to a celebrated Professor who had been to Europe and was a lecturer in Rush Medical College, enjoying an income of about twenty thousand dollars a year.

Evidently, he did not think much of "the little doctor from the West," and turned me over to his attendant, or librarian, who was told to show me what books I wished to see. This doctor had a most magnificent library and this was what I was anxious to consult. Being seated in one corner of a spacious room the attendant brought me the catalogue of the books. I had picked out several and among them the Encyclopedia of medicine in the French language, and was copying some of the writings from one of these French books, when the doctor came along and looked over my shoulder. In a moment, he seemed to be struck with the fact that I could read and translate from the French. He asked me some questions and when he found that I had been in Paris longer ago than he had been, he right away invited me to dine with him.

Here was a great chance to find out if these thoughts about starch were in the great medical world. I did not eat any of his dinner, but I went to the restaurant with him and saw him eat his bit of soup and soak his crackers in tea and eat them. This was directly contrary to my ideas of a good diet and yet, at that time I was really ignorant of what would be the best kind of food. When we had finished dinner and had out our little talk about the French people and their habits, we returned to his office.

I asked him, in the easiest possible manner:



"Doctor, what do you think is the cause of Whites or Leucorrhœa among the women?

To which he replied (placing his hands under his swallow tailed coat. ) " Well, doctor, I never gave it a thought."

I did not pursue the subject with a single sentence. Here was a man with a world wide reputation for his speciality of "nervous disease" and yet he had never given the food subject a thought.

If he had understood or given this matter the thought it deserved, he would have at once seen that all these conditions are brought about by an excess of starch food which the women eat. If this professor had further given this subject "a thought," he would have seen the effect on the general system and understood that this excess of starch must, eventually, clog up the nervous system. And, that even on his great speciality, nervous disease, he would have had the clue to many conditions that he could not touch with the ordinary remedies in his school.

But, he never gave it "a thought," And, from his crackers and tea, he had a stomach trouble. (His crackers were about seventy five per cent of starch.) And he went to Europe again, dosed with his own kind of drugs and died when he was fifty six years of age. Bromides, cocaine, starches and foolishness killed this eminent world wide, reputationed professor of nervous diseases.

No, I feel quite confident that the ordinary run of doctors never think of these conditions. They do not hear them at their colleges and are taught not to think of any truth except what has been taught them as "regular." They hate anything not brought into notice by "authority."

It was not long before another humiliating lesson was to be thrust on me. I asked a great publishing house to publish my second book.

They replied that if they published anything contrary to the beliefs of the doctors or contrary to the ideas of the existing medical schools, they would be tabooed by all the doctors and their books would not be read. And they refused me in the nicest way that was possible.

It was perhaps very small minded in this writer when I heard that this great publishing house had failed for want of money. And, was (when they got on their feet) a source of gratification when they had to come to me for a supply of my books to fill their orders for their customers. There is no place on the earth where these ideas have not since found their way and my books have gone wherever the English language is studied. But, 1878 was, with this writer, a day of small things.

When we consider these conditions of excess of starch in the blood and that this same excess being in the arteries, veins, lymphatics, going into every organ of the body, and, from there, being an insufficient amount of acid in the blood to neutralize, or, to change this starch into sugar, so that it could be carbonized or burned up to form heat; and when we further consider that while there is an abundant amount of liquid in the system to dilute this amount of starch, that this starch might remain in a liquid condition, yet, when the body gets a cold then this excess is easily chilled and the corpuscles that have been fed on this excess of starch are in a weak condition and easily chilled, then we can at once see the stiffened condition of the organs from this cooled down starch and, we can witness the effect in the stiffened up joints of the body, with pains (which pains are messages from one part of the sentient body to the brain,) telling there are some obstructions in the part that should be at once removed. And we know from our remembrance of the food that this excess is an excess of starch food. Starch atoms that have never been changed from starch to any thing else and have remained starch. Thickening up the volume of blood. When we ask the doctor about these pains, he tells us with round and dignified tone of voice as if the oracle of Apollo was about making his second descent, that "you have a twinge of Rheumatism."

The condition (or disease) is named by this descendant of the "Man-instructing snake," (Æsculapius) but when we ask for more light on the cause, he oracularly tells us that it probably depends on some "infective agent" never giving us the least idea of the real and actual condition of the facts as they exist in the human body.

One step remains. When we have seen this cause of Rheumatism, and will consider that this mass or excess of starch may settle and be chilled around some of the ganglions of the spine and that when these ganglions can be chilled and solid while this condition of excess of starch is in the body, then, when we see the condition of rheumatism or paralysis which may be sudden, after some penetrating cold, or some condition in which this starch has been suddenly congealed around the ganglions of the spine, then we have become acquainted with the most common cause of each and every source of paralysis, rheumatism or nervous disease.

This is the fact.

When in our boyhood days, we proved a sum by adding where we had subtracted, and subtracted where we had added, and this proved the solution correct; so in this case, all we have to do is to

simplify the conditions and take away that element which we declare to have been too much, Or, take out the excess of starch and see the patient get well.

This can be done very easily, although where the victim has been drugged by the medical priest, we have not alone the excess of starch to abstract but we have the medicines or drugs to overcome and take from the system, as well.

When we do this and use such means as will abstract the excess of starch from the system, we find the patient getting better and eventually becoming sound and well. This proves the first lesson, or the first primal source of nearly all of our common diseases and especially forms of Rheumatism, paralysis and nervous troubles.

If we desire to look still closer into the actual conditions of the nervous diseases, we have to consider the anatomy of the nerves.

All nerves are built up on one general plan.

There is the nerve proper inside of the neurilemma and then, outside the nerve proper there is a mass of fatty material that is called the "white matter of Schwann" which is an insulating material that keeps the nerve proper from being too much irritated by any thing that might come into contact with it.

Outside of this is another sheath which is called the outside covering or the "Perineurium." Or, the membranous investiture.

Consider now that the nerve proper is enveloped with a surrounding mass of fatty material that makes it to be thoroughly insulated.

Then comes the final covering around the whole nerve.

Think still farther, that all of this nerve has this insulating material is, or should be, supplied with appropriate nourishment to keep this nerve in the best order. If the body has been supplied with this kind of nourishment, the nerve will be at its best. But poor material causes poor nerves. What should this food have been, to have given it the very best kind of nourishment? We answer—this material to have been for the very best, should have contained some kind of oil as food.

Was the food oily? Not in the cases where they have rheumatism, or where there has come any sort of paralysis. The food has been lacking in oil. Why? Because there was too much starch and not enough of oils or fats in the system. And, thus we have a half starved condition in these nerves and we see the nerves suffering for this sufficient amount of oil to cover the nerve proper, in good shape and the nerve is not properly insulated. Not covered.

If this nerve is irritated, we have "neuralgia," which, when we

can get it clear from the Greek language, means that we have a nerve ache.

But, it sounds nicer when you hear it in Greek. "Neuralgia," and have the doctor paid his two dollars for telling you what you knew before, in English; but, when you have paid this medicus his fee and heard him turn this name from the tongue, you are satisfied, although really do not know as much as you did before he tossed that Greek word at you.

You knew before that you had a nerve aching some where. But, after he has told your trouble was "neuralgia" it might seem to be some thing different and you really do not know as much as you did before the doctor came into the house.

If you have followed out our ideas, you have the causes of much of the neuralgia on earth and, if you have real good sense, you can see that you can cure yourself, by changing your diet and placing oil in the system instead of filling it with excess of starch food.

In nearly all of these cases we have the urine reddish or high colored. Why? Because in these cases, we may have scanty urine, the kidneys do not secrete or get in enough of the blood to take out the urine; and because there is not fluid enough in the system; the blood is too thick from this effects of starch and finally because this excess of starch, in the blood, prevents not getting enough urine to pass from the kidneys.

Now observe the folly of the practitioners of medicine.

They observe this scantiness of urine and they do something. What? Give something for the kidneys. That is, because the kidney does not act as they think it should, they propose to give something. What do you think they will give? Sweet Spirits of Nitre is the most common thing.

This agent irritates the kidney and the kidney gets more water into the bladder and the fools think they have accomplished something. They have. They have irritated the kidney and made it weaker than in the first place. But, not a thing have they done to rid the system of its starch; its excess of starch which is causing this condition of disease.

We shall, of course, come to this condition later on, but it will be evident that one of the very first things is to prevent the body from being burdened with any more starch; to stop this excess of starch from loading up the system any more.

One thing more. These doctors tell us of some acid in the urine. But, so far as we have heard, we have never known how this excess of acid gets into the system. The Doctors will never tell us. Suppose we think back and find this excess of starch and

then suppose from some cause this starch should have soured in the system? How would this do for an explanation? We do not say this is really the cause of the acid. For, in our system we do not care anything about it. We purpose, as we will show later on, to take out all of these excesses from the system and have it clean and sweet and free from all the burdens that cause diseases and the conditions that are called disease.

We shall again take up this subject of starch when we come to Children's Diseases.

Fig. 18.



A medical professor, writing about the condition of women who have "ovarian tumors" has had a cut taken of a face, which in plain language, he says is "typical" of the ovarian tumor.

Our readers should pay attention to it. It is a face more common in Glasgow and Liverpool than in America. Why?

Because it denotes food which is not so very common in America. It denotes starvation. Starvation of the nerves and a clogging of the lymphatics.

Notice the hollow cheeks. This means a lack of proper food and indigestion. Constipation comes in here. Why? Because, we know that the Tea from China has been a cause of irritating the stomach. Then the intestines were shrunk. Made smaller. Filthy, scabby tea from China is not good to drink.

Finally, the shrunk arteries and veins will not allow the thick blood to circulate freely and there is a scantiness of the menses because—instead of having oily or greasy material (as of meats, good mutton or beef,) we have had bread, oatmeal and crackers.

An excess of starch. Her face shows it. With a great lack of

oily food. She is starved for oil. Bread and tea has been the diet of this poor woman. Having an excess of starch, which can not be sent out of the regular outlets, we find it will be sent to some place away from the heart and, when we see this unfortunate female on the operating table with an "ovarian tumor," we are not surprised.

Fig. 19.



But, this is not the only kind of a face that has a "tumor." Emphatically no. In America, people with the nicest, round faces find out they have some bunch or tumor.

They may have oil or grease enough, as of hog meat, but it has been "unclean" and these "unclean" particles are piled up in the ovary sufficiently to make a tumor—and such a tumor when it putrefies, we can have a cancer.

Does any one suppose if that young lady could look ahead and see herself—with a tumor—a cancer—under the knife of a surgeon—dead—with her little children motherless, that she would allow herself to be fed on bread and tea?

Or if she could see the detrimental effect of the Irish potato, that she would submit to such a diet? We think not. She endures this diet because she does not know the result.

### BAKING POWDERS.

Among the most common of eatables in our nation is bread. Leavened, or unleavened, it is the most common food of the civilized races and has been called "the Staff of Life."

Of course, this an error; as Life, really can be better sustained even to a very advanced age, without bread, purer than it can be with the use of it. But, as we are not on that point at this time, we will say that in the making of this most common food, we have many so-called "aids" to bread making.

The housewife sets her "sponge" with yeast. Some make a "salt rising" bread. Bread can be made with flour and water mixed up with salt to suit the taste and baked. All kinds of

Navy bread or "hard bread" for the sailors, is supposed to be made in this manner.

Another method of making up bread and one that is most common in hotels, boarding houses and camps where there is not any chance to "set the sponge" is to mix up the flour with an effervescing powder and adding water sufficient, allow the effervescing qualities of this powder, to make up the bread in a light form.

Biscuits, cakes, pastry and puddings for desserts, are nearly all made after this formula which may be changed to any number of combinations. All containing these two elements, an alkali and acid are called "Baking Powder".

There are many kinds of these baking powers on the market, all claiming some special quality that makes it better than its rivals, but, in every instance, each and all of them are composed of ingredients, either of which, has a most deleterious influence on the human body.

These two articles are the acid and the alkali.

The acid is usually some form of tartaric acid. Although any kind of acid will make up the "powder." Some more decidedly detrimental to the body than others.

Whenever these acids are left out, we find "Ammonia" and other ingredients, which render the powder just as objectionable to the human body as any of those that are made with the tartaric acid.

After we have taken up the acid or the "Ammonia, we find that the other part of the "powder" contains an alkali.

All alkalies have an "affinity" for an acid. The rapid joining of the acid and the alkali is the secret of the bread being made light, because there being air or gas in among the particles of wheat, the air being heated, makes the bread light and spongy. Or the joining of the acid and alkali evolve a gas which causes the bread to be porous.

We find these two ingredients have most certain and appreciable effects on the human body.

The acid or the "Ammonia" will destroy the coatings of the stomach and the linings of the intestines.

The Alkali or the Ammonia, will also directly destroy the nerves wherever it comes in contact with these nerves.

All nerves, as we have seen, are made up on the same general plan: Nerve; proper insulating material covering and with the composition of the nerves, in this "insulating material," the "WHITE MATTER OF SCHWANN," we have the fatty material that is most directly affected by this alkali of the baking powder.

While the alkali will join any fat, with the influence of heat, it is

not generally appreciated that all of these alkalies will have the same effect, although not in so large a degree, in the body with its temperature of 98 and seven-tenths.

The human body is warm enough to have this alkali, when taken into the body as food, join with the fats of the body and change these fats into a saponaceous compound, although, it would be as rapidly accomplished and as perfectly, as if the body were in a warmer place.

The alkali may not work as rapidly as actual soap would do, but in its way is just as effectual in destruction if there is only time given it. The effect is just as certain when it does come.

The nerve will be turned into a soapy compound and the usefulness of it as a means of transmitting messages from one part of the body to some other part of the body, will be destroyed. And we shall have paralysis. Or, if we do not have this "stroke of paralysis" we will have nervous troubles for which, if we consult our man-instructing snake (the doctor,) he prescribes drugs.

Are all alkalies detrimental to the body? We reply, that so far as we can judge from their effects, that all alkalies, if long persisted in, have a most detrimental effect on the entire human body; first destroying the mucous lining of the stomach and intestines and afterwards destroying the nervous tissue and producing the conditions that are known as "NERVOUS EXHAUSTION," neuralgia and finally paralysis.

Because all of the results do not come in one day, it is often asked, why it will act in this manner in one case and not in another which, to the outsider, may appear to be like the first case.

The answer may be briefly this:—All bodies do not have the same amount of other material in them. All bodies do not have the same strength that other bodies have.

There is a great deal of difference in the hereditary make up of bodies, all of which has its influence on the general system of all kinds of men and women. Other things may be better or worse and radically change the result of a given amount of acids or alkalies in the system.

Any one with much fat, will be some time longer in getting to the point of Rheumatism or paralysis than those who are thin in flesh.

And, again, the one party may eat of fruits which contain a distilled water and the most natural acid on earth, each of which elements, softens and dilutes the effect of the alkali.

In other cases, the food may be chewed up finer, which causes more saliva to be sent into the stomach and this neutralizes the



effect of the alkali. In any event, after one has taken these alkalies or some of the preparations of potash into the stomach for a length of time, the nerves become weak and there is not the same command over the temper that there was before, they, took in this compound or this alkali; and, if the alkali is still longer poured into the stomach, there will come a time when one will become dizzy, weak, stupid and numb. And, one day the person will wake up paralyzed all over the body. May be, from some action on the spine there may be only one or two ganglions affected, in which case, we will have one side affected. Or one limb. In other cases, we can have paralysis of the entire body.

These effects of the baking powders and the taking into the system of the various kinds of drugs combined with potash, have brought about many cases of paralysis that would never have been but for the administration of these alkalies.

Why is this not usually known ? Because the doctors are bound by their Code of Ethics not to tell on each other. And, when one of the doctors makes a mistake and gives too much of these drugs, the other doctors hide it or say nothing about it and the victim never finds out what has been done to his body, unless he commences to think some for himself.

When once the man commences to study for himself, he will never take this system of drugging inside of his system. And he can easily prevent any case of paralysis from ever taking him as a subject.

One of the first results of taking into the body this baking powder, in any form, is the rapid disintegration of the coatings of the stomach. The gastric follicles are destroyed by this alkali; the peptic glands; and finally, the stomach, from having these apertures closed up, by means of these agents, cannot send out the refuse of the blood that comes over the stomach, from the gastric arteries, and this blood being left in its impure state causes the arteries to become chronically congested thus bringing on a condition that is called "flatulency," "indigestion," "dyspepsia," or "sour stomach," and a long train of evils which follow as a result of this condition. Nervous exhaustion is another of these results.

After the nervous exhaustion has become a fact, and there is any accumulation on the ganglions of the spine, we can look for paralysis.

The second or subsequent effect of these baking powders is to destroy the condition of the lacteals of the stomach and bowels. Then we have the basis of all kinds of "nervous debility."

While if the party has led an active life, this condition may not

show itself until all the ganglions are in this weakened state and, then, after some condition of cold, where there has been also this condition of an excess of starch in the body, we have this thickening coming on at once, usually at night, and it is called "*stroke of paralysis*," although we may know that instead of its being a "sudden stroke of paralysis" it is the direct culmination of the conditions that have gone before and have made all these conditions of "suddenness," to be apparent rather than real. The condition of paralysis never coming on suddenly but always gradual, although, we can see that the final effect may appear to be sudden.

It is well known that there has never been as much paralysis on earth as since the combination of baking powders have been in effect.

In the the same line and along the same causes and effects, come the drinking of the China Tea.

Although we do not have as much paralysis in China as we do here, and it will be conceded that in China they drink tea as a usual habit as in America from youth to age, yet we find that, with other habits, the drinking of tea, especially that coming from China, either from one cause or another, has the effect of making more paralitics than any one article of drink.

Not that it could cause paralysis alone, any more than any other one article of drink, especially the drinks of alcohol, or, of absinthe, yet as the tea is far more common, it comes under the same heading and makes the same conditions, modified some by the condition of the patient, that is caused by any other alkali.

This is to be taken as it is written and not as if we had said that tea alone causes paralysis. It may not. But, having seen many cases of palsy and many cases of paralysis where the party was a confirmed and continued tea drinker, we feel entitled to say that the drinking of tea, (whether it is an alkali or not,) conduces to the condition of the nerves that always precedes paralysis. And the worst and most incurable of cases are those who drink tea three times a day. But, of course, these cases are always worse after they have been fed from fine flour bread, and where they have a combined mineral of some description or have used some preparation of potash as an agent to accomplish some purpose of supposed purifying the blood. (Doctor's foolish dosing.)

The drinking of coffee is directly detrimental to the liver, the kidneys and the skin. To say nothing of its effect on the heart, being very detrimental to that organ.

The primal result of coffee drinking is to shut up, or astringe the common gall and bile duct. The result of this unnatural clos-

ing of the gall duct, is to have the skin assume a yellowish cast, which is the case in all old coffee drinkers and this color will last for many years after the habit of coffee drinking has been discontinued.

Both tea and coffee have a detrimental influence on the kidneys and in the case of a confirmed user of these articles, we find that the kidneys are always injuriously affected.

If one desires to see tea drinking carried to an excess let such a one visit the tea drinking districts of Ireland and see the wrinkled faces of those who are habitually tea drinkers and seldom use anything else as a drink. In China, where only the best and purest of the tea is drank, we find that the people come to maturity very early and decay is rapid.

No matter what excuse one may have for taking these poisons of the intelligence into the body, the end and the result are just the same.

A lowering of the conditions of the nervous system and a decided tendency to all kinds of nervous exhaustion.

Children follow after the evil habits of the parents and we find the children of these tea drinkers weaker than others who do not touch tea or coffee, and, finally, we find that the children of these users of these poison beverages, are the ones who suffer from paralysis, or from the conditions known as "nervous disease."

Children of tea drinkers are weak in bladder and kidneys. The males are subject to "seminal emissions" and depression of spirits while the females have "whites" or leucorrhœa and falling of the womb, with the most obstinate kinds of constipation. When these results are carried out, we have ganglions of the spine loaded up and the children or the grandchildren are the victims of paralysis or rheumatism, or both.

It is of no consequence, whether we decide that tobacco has or has not an alkali.

The excessive use of this weed, has sent thousands upon thousands of persons to an early grave. .

We may take all the pains on earth to discover whether it is the "Nicotine" or some other active principle, or if we can use the tobacco without having the detrimental results, and we will never change the general and sure sequence following the use of tobacco. It ruins the nerves and destroys the better faculties of the brain and mind and we have thousands of cases of the "tobacco heart", which is a paralysis of a part of the ganglions of the heart; also the final act when the spinal ganglions become affected, causing a stroke of paralysis or the Palsy.

Smokers are more liable to have paralysis than chewers, because the poison of the smoke destroys the atomic arrangement of the blood corpuscles, which in turn carry the poison into the deep tissues and when this congestion from the poison reaches the spine, we have the final stroke of paralysis or the palsy. Tobacco has caused it and is one of the sources from which very many of our cases of paralysis come.

There should never be any case of paralysis mentioned without taking tobacco or tea into consideration.

Among many other conditions which are never mentioned is the fact—the bitter fact—that any woman who subjects herself to bear a child from out of the loins of a tobacco user, has placed her body in a condition to be poisoned with tobacco, second hand, because of the condition of tobacco soaked spermatozoa before they came from the receptacles of the tobacco soaked male parent.

These tobacco soaked spermatozoa are bound to demand more nourishment and actually cause more drain on the mother while she is carrying them and nursing them.

In reaction from the drain, the mother suffers.

And, because of the peculiar conditions of this tobacco steeped animal, the mother during her whole life suffers from the condition known as weakness and finally, is liable to have a cancer of the uterus because of her folly in allowing her body to become the receptacle for nine months of one for these poisoned spermatozoa from the loins of a tobacco user.

Children born of alcohol drinkers and tobacco users, where they have had both habits of drinking alcohol and using tobacco, are not long lived and, while in early life, they may show much talent or forwardness in mental acquirements, and accomplishments, they are sure to die at an early age.

All one has to do in order to verify this statement, is to get the statistics of those who have been drinkers and tobacco users and then run down the line of their descendants and see where they are. It is among this class that we find the paralyzed children and feeble minded as well as the sufferers from chorea or St. Vitus dance.

When one has made sure of this condition of facts, we can verify the cases and then commence to get the actual facts of the progenitors and find out where the first trouble came in. No matter from which side it comes, we will have the taint from one side or the other, or, we will have the cause before us plainly written or acknowledged by the sufferer in his previous life. Nothing occurs without a cause and there is no such thing as a person having a

"stroke of paralysis or palsy" or anything of the sort, unless the body has been brought up to it by a long series of preparations. These preparations can be from all kinds of habits as well as the food or drink. But we may be sure, when we see the case, that there was and is a cause behind and, if we cannot find out and remove the cause, we will have some time elapse before we can touch the case.

In addition to the excess of starch, we find there are other objectionable articles which should never be eaten by persons who desire to have a long life and enjoy a sound body while they live.

Oysters, clams, lobsters and all shell fish as well as animals known to be unclean, make an excess of material that is a detriment to the body.

Pr. 83. We shall mention some of their peculiarities later on; why they should not be eaten.

Drinking coffee is wrong from any standpoint of health. Coffee is a poison to the intelligence and fills the body with the little particles of carbon that we find in the skin and pigment all over the body.

Every part of the lungs, liver and kidneys are filled with little brown particles of browned coffee when we cut open the drinker of coffee.

It destroys the brain and it is only a question of time when it carries congestion into the liver and kidney and leaves it unfit to be used by the Vital Force. Coffee should not be used, especially by the young nor by invalids in any state. It is a detriment to the human body.

### HABITS.

Pr. 84. The use of alcohol in any form, destroys the corpuscles, not at once, unless it is brought closely into contact, and this cannot be very readily accomplished, because the fluids of the body will at once dilute all alcohols to some extent.

All habits of drinking or taking alcohols are destructive to the brain and nervous system. This is so well understood, that it does not need to mention it here.

*Tobacco*, came into use during the fifteenth century.

Draper mentions Tobacco and Syphilis as the twin evils of the Fifteenth century. Both came from America.

No one can say which has been the worst curse to the world.

Tobacco, has the effect on the nerves, at once soothing and yet after a while, it leaves them in a most irritable state.

There is not any reasonable doubt but what Tobacco, has low-

ered the tone and nervous force of the entire world since it has been brought into general use. Used by the parents, the children are robbed of their good health.

### THE SKIN.

The outside covering of the body, is composed of two layers which are called the true and false skin. Dermis and Epidermis.

The outside is called the Epidermis and the inner layer is called the Cutis vera or true skin.

The arteries of the body come near to the surface under the skin (cutis vera,) and through the pores of the skin, they are enabled to send to the surface much of the impurities and effete material that have been used up and become old and worn out in the system.

It has been estimated that in a healthy man, of the weight of one hundred and fifty pounds, there will be thrown out or exuded from the surface during a warm day, the sum of forty six ounces of water and old material.

Allowing that of this material there was only sixth of solid matter, we should have nearly eight ounces of effete material passing off every twenty four hours.

Still divide this into half and we would have some seven pounds in weight passing out through the skin every month. If we had but sixteen ounces pass out during the day, it, would be thirty pounds a month.

This can only pass out when the skin is in good order and by having the old layer of horny scales cast off or washed off every day. And, they should be washed off in cold water, because the warm water takes off too many of these scales and leaves the outer skin or scarf, weak and unprovided for.

In ordinary cases, the people do not wash the skin often enough to keep the skin in good order. The result is that we have this mass in the body, we have another kind of clogging in all of the system in the same manner as we considered when we had the excess of starch. Only, this being a dead and effete material would be worse than the starch, which would a. vegetable excess, while this excess of old worn out and effete material from the body, would be doubly offensive to the living matter. To the living corpuscle. In this condition, we could have the same conditons of of clogging and obstructions of the general system and we should arrive at the same or worse results from this retention of the particles which should have been excreted from the body through its proper outlets .

There are two sets of glands in the skin—sebaceous follicles and the sudariparous glands and these glands, if the outlets are shut up, become filled up, with a subsequent clogging or stasis, and, when this is the fact, we have the red veins showing underneath the skin and afterwards a white, putty skin, which may have small boils or pimples under the skin enough to make it very unsightly.

Besides this, when the skin cannot send out all of its impurities every day, and these pores or mouths in the skin are shut up, we may and do have the worn out material forced back into the general circulation.

This has to go somewhere. If it cannot go out through the skin, then the Vital Force will try to have it go out through the kidneys. When the kidneys become clogged up, we have the urine also retained in the system.

There is an intimate relation between the skin and the kidneys. If the skin is at fault, be sure that the next thing the kidneys will be at fault. In every case, if the skin is easy, natural, and free to throw out all of the old and worn out material, then we will have a set of kidneys which will be already to do their share in all cases.

If the skin is clogged up, we will have clogged up kidneys.

Washing the entire body all over once a day, soon after rising in the morning, is the only safe way for one to live so as to have the skin all right. If we do this, we can be quite sure that we will both skin and kidneys all right. If we do not wash daily and this effete material is retained inside of the body, we will have this material settle in the Liver—which will become clogged up—then we will have the kidneys all clogged up (the glomeruli) and we will next have the entire glandular system clogged up.

From this condition we will have but a very short step to the clogging of the nervous system and when this occurs, we will have any condition that may be named, according to the part of the body which happens to be clogged when the clogging has commenced in the general system.

If the clogging appears on the nerves, we will have "neuralgia."

If it takes place on the muscles, or joints, we will have rheumatism.

If we have it affecting ganglions of the spine, we shall have first, a numbness in some place in the body (because this effete matter on the nervous system) numbness may be along the feet or limbs and, when this has affected any number or any of these ganglia, we may have paralysis of one side or the other. Any of these conditions will produce the stasis, or congestion which is always present in all cases of rheumatism or paralysis. Also in all kinds of nervous troubles.

Warm bathing does not conduce to long life or complete health. Why not?

Because the warm water takes off too many of the scales of the body and leaving the body unprotected from any sudden chill and eventually takes too much oil out of the skin or out of the sebaceous follicles, thus rendering the skin weak and flabby. Cold bathing takes off enough of these old scales to have it in the best condition and we will have a much better body and one that is in much better order, if we have the daily bathing in cold water than if we had the every day warm washing over the entire body. These are facts and bear every consideration of those who have the care of and those who desire to have their own bodies in the very best of condition as long as they live.

Daily cold bathing prevents rheumatism, neuralgia, and paralysis. If the bathing in cold water is not an accomplished fact every day, we are liable to have any of these conditions without having any need of there being any "infectious germ," or any thing else to cause these conditions. These conditions in all cases are caused by effete materials in the body which should be carried off through all the proper outlets and if we have all of the outlets open we may be sure that we will have none of these conditions of paralysis, rheumatism, neuralgia, or, nervous trouble.

### CLEANLINESS.

Pr. 85. When the bottom of the ocean commenced to be dredged, a world wide scientist (so-called) made the assertion, that if all life were extinct, there was some where, in the bottom of the sea, some principle or some "ooze" that would eventually again bring forth all life on the earth as we now find it.

Huxley's idea, which is the one idea of all finite minds, that some where in some place there is some thing that holds life and, with this "some thing" all life could be restored.

Huxley had a very pretty theory and he called this "flocculent" material the "Bathybius." All that would be needed to re-people the earth was his "Bathybius" and we could have everything over again just the same.

It was found out however, after a little, that the "OOZE" that had been sent to Huxley, was prepared in alcohol. And that this alcohol had the effect of making this "flocculent material," this "Bathybius," by a settling, and that, if this alcohol was not used to preserve the specimens, we should not have the "settlings" nor should we have the flocculent material and of course there would



not be any "Bathybius." No alcohol; no Bathybius. And Mr. Huxley's great theory fell to pieces.

The writer of this article has called the attention of the student to the fact, that in the cell, dwells the life power, or, inside of of this cell, we have the force or the parent of the Life or Living Force.

That all life of every kind, is really transmitted through the parent and, without any living parent, there is no such thing as any kind of life. Life is transmitted; has been transmitted; will be transmitted until the end of time. And the beginning of this force that we know as life, was transmitted from God in the first place.

If we desired to prove without doubt that God exists and has taken the kindest and most intimate interest in the human race above all other races of the animals that exist on earth, we would point to the existence of the two chapters of Leviticus the xii and the xv.

In these two chapters (which any one can read in ten minutes) we find certain laws laid down for the guidance of men and women in the sexual relations. These laws are plain, easy to understand, have no possible object in them, only to have the bodies of men and women to be in the very best of condition and to produce the finest and best kind of children that can be produced in any manner whatever.

Indeed, without obedience to the laws and rules that are laid down in these two chapters, we will never have a clean child nor have one that can stand as much as the children that are produced by the obedience to these laws, unless, perchance, these laws are accidentally obeyed.

To call attention and give an idea of these laws, will enable the reader to understand the position.

These laws declare that man shall not touch—nor sleep with—nor have her make his bread—nor do any thing connected with any thing to eat or drink—while the woman has the menses on and for seven full days after the menses are over. Then only when her body is in the "clean" condition, shall she suffer the embraces of the man, or conceive.

The book declares that during this period of time, while the menses are on and for seven full days after these menses have ceased, this woman shall not be disturbed.

We ask why this is so. Because, the God who made these bodies knew of their peculiar make up and knew that if intercourse was permitted at any time previous to the passing off from the body of the female, of the egg that was tainted or impregnated with the

menses, they would have an unclean ovum, or egg in which the spermatozoon would enter and the child would be unclean for all the time. Instinct is for the brute creation. Reason and obedience for the human race.

Now it is most commonly taught that all of these laws were done away with when Jesus came.

Since that time we hear the reader say, that these older Mosaic LAWS have been done away with. There are no laws now for us to obey.

There is an error. We surely have no laws to be obedient to, as laws of sacrifice or the "ceremonial laws," so called. But these laws which may be and are found in these two chapters, are laws of cleanness and are not necessary for salvation of the soul, but they are very much needed and are absolutely necessary to the salvation of the body of the man and woman who are inhabiting these houses of clay.

If these laws are not followed out in all the particulars and in the order in which these laws were at first given to the Israelites, we shall find that, the process of cleansing the body of the woman has been interfered with and we have an unclean body of the woman.

Next, we shall find that the man who "touches" this woman during the time she is unclean, will himself become unclean and will not have the same elasticity of the body as he had before he had cohabitation with this woman who was in her times of "uncleanness."

And, we further find that every one who has been unfortunate enough not to have known and not to have heeded this very cleanly law, has had children who were inferior to themselves and are, much to their sorrow and regret, children who are "transgressors from the womb" and are unclean and have blemishes of character that we can in no other way account for.

We also find that the man or woman who have "lived together," with all that this implies, for some years, have begun to fade very fast and, that in many instances we have a great many kinds of illness from which the doctors and drugstores fatten, and the graveyards are filled up.

Why should this time cause any difference in the body or the mind of the mother, or, of the child?

Because, this discharge, which passes under the name "menses," has in it, the debris, the effete material, the worn out matter that has been used up, or has amongst it, the dregs of the body, which is to be and should be cast off, out from the body of the woman.

This discharge is for the purpose of cleansing the body of all

its worn out materials. When this is retained in the body, we have a constantly unclean body; and when it is thoroughly cast off, we have the body cleaned and purified. Cleaned and purified after the seven days from the times of the stopping of the menses.

No explanation of how, or why this period of time is explained as cleansing in any work, in any language.

But Protoplasm explains it. The Corpuscles of the body (estimated at 25,000,000,000) periodically, pass down by the arteries and there cast off, or discharge their waste and effete material.

As soon as the menses cease, the CLEANSING still continues for seven days longer and the corpuscles pass off the waste or rest of the effete material through the skin, kidneys, liver, lungs and bowels. When the seven days are full, expired, then the body is fully cleansed. Wonderful knowledge. Wisdom that reaches down from the throne of God and takes the suffering woman from the ranks of the sick, afflicted, weak and miserable and places her with a well body and a sound mind as long as she will listen to the voice of God. Well does the apostle write to the Christian and assure him that "God does not call us to uncleanness." And with reverence we may add that God does not call us to be sick or suffer pain or to die before our time on earth has expired. It is disobedience to the laws that have "bowed us down" so these many years.

No explanation has ever been vouchsafed as to *why* or *how* the child becomes unclean and remains unclean, when caught at the unclean time. Protoplasm again comes to our aid with its mathematical explanation.

The egg (or ovum) that comes down into the uterus directly after the menses, is tainted with the unclean wastes.

This egg stays there *six days* and passes off. It may be detected on the fifth or sixth day, floating on the urine.

The next egg—or ovum that comes down, after the seventh day, is clean—thus furnishing the best kind of material for the spermatozoon to enter and the Force builds up the body of the best material—a perfect child and a clean child. And not a transgressor from the womb.

If the seed of the male catches or lodges or uses this egg that has become tainted with this effete matter that should have been cast off, we will have a body in the growing child, (because of this tainted or unclean ovum) which will not be as good as the body from the egg that comes down after the menses are gone and the next egg has either come from the Fallopian tube, or, when the spermatozoon has passed up into the tube and caught or lodged in the fresh egg that has come from the ovary and has never been

tainted with the material that should have been cast off, or, was cast off with the first egg from the ovary when the menses had passed.

If the spermatozoon has passed into the proper and clean egg, then we shall find a clean child will be the result.

If we have the first egg caught by the spermatozoon, we will have an unclean child.

There is yet more than this, because, if we have an unclean child carried in the womb for nine months, we will have a reaction on the body of the mother during that period of time ( two hundred and eighty days.) and, when the child is being nursed, two hundred and eighty days more, we will have the mother in continued contact with this unclean product of her body. What will be the result of this proceeding?

If we are to give it as our judgment, from consideration of the ideas advanced, we should certainly assert that it must be very detrimental to the mother who has carried the child to any one who allows themselves to nurse such a child. We know from observation, that such is the case and although we have never seen this statement in any book, yet we know from experience, that children who are unclean, born unclean are very deleterious to the one who nurses them.

Consider therefore the effect of the mother having contact and providing for this unclean product for five hundred and sixty days.

If these propositions are understood, or even if they are not, we advise every mother to read them over again and the father also if he happens to be interested in the raising of children, and we shall see why it is that there are some persons who are really more liable to have paralysis and all kinds of nervous diseases than others who have been born of the same parents at some different time.

Again, we see why it is that after a woman has been married for some time and has never understood this law of cleanness, we find that she has faded and has become a hag of some older sort. She looks badly—has the faded and wilted appearance that is a sure evidence of some sexual indiscretion or some excessive abuse of the body.

To make this short, state it in another manner:—the woman should have had plenty of time to have the body cleansed.

Her time has not been allowed and the body has not been cleansed.

The remnants of her menses are retained inside of her body.

She contains the atoms that should have passed off and out of

the body and she is yet carrying round the materials that should have been cast off and out through the uterus at the periodical discharge.

If she gets offspring during this unclean time, she will not have as good or as strong children as if she were cleansed and the child had a cleansed egg to inhabit during the nine months of intra-uterine life.

The menses being retained in her system (because she has been disturbed during this cleansing time,) her blood contains these unclean particles.

The nerves are disturbed and the arterial system as well as the venous system are all clogged and weighted by these effete atoms that should have passed off out of the body by the menstrual discharge.

Anything she may come in contact with, will take on a portion of her uncleanness.

The man who sleeps in the same bed with this woman when her menses have been retained in her body, will take on or absorb some of these old particles and he will be unclean from being in contact with her body.

The woman will have these particles of retained menstrual secretion in her body and her nervous system as well as the entire body will suffer from the presence of these atoms.

These particles of retained menses will affect her brain and she will become nervous and cross. She will have hysterics and do things that she would not have done if she did not have these particles of retained menses in her body.

Any woman who has not understood this cleanly law has passed through these periods of depression and she will be beside herself with this nervousness until she gets a chance to rest or to get these old materials out of the body.

During these times, the woman, as we have said, is actually beside herself with nervousness and depression of mind.

She is ready to commit suicide or to do any unreasonable thing while she feels so badly from having these retained menses in the system.

In short her mind is really affected by the retention of this material that should have passed on out of the body.

From day to day, unless she is helped, she becomes worse and next after this material has been cast on the ganglions of the spinal column or the ganglionic nerves, she has a stroke of paralysis. Or, she may become so hysterical that she is called insane, (be-

cause she behaves and thinks like one who is drunk.) and she is adjudged insane.

The substance of her brain has become softened and she is really insane or drunken. She is drunken in the atoms of blood that should have been passed off out of her system.

And thus is fulfilled the prophecy uttered so many years since, "Drunken in blood as with sweet wine."

The man suffers as well. His nervous system becomes a wreck. He is drunk as well as the woman. He does not think straight and his business suffers as well as his body. If he takes drugs for this condition and especially, if he is unwise enough to take potash, and mercury, for this condition of his nerves, we will find that the very next thing will be to have a "stroke of paralysis." He will be drunk from blood as with sweet wine and fulfill the prophecy long ago uttered, and yet neither he nor his medical priest nor his ghostly confessor will ever have heard of this passage of the Bible before. "Drunken in blood as with sweet wine."

This matter of uncleanness alone accounts for so much of the misery of this earth, that if we were to judge, we would assert without hesitancy, that nine tenths of all sickness and all kinds of nervous troubles come from this one act of disobedience to one of the first and great laws in this universe for the preservation of the bodies of the human race.

Without this law and without this obedience to this law, we can see to what depths of misery all nations who have never heard of it and never followed it, have sunk.

And, if, on the other hand, we observe the race or races who have a knowledge of this law, we will find that they are the finest races mentally and physically that exist on the earth today.

The nearest we find any observance to this law on this subject, the greater the intellect and the better the bodily health of the race who obeys them.

The more sunken and degraded the race, the less the female is thought of only as a vessel of clay made for the purpose of abuse by the so-called lords of creation.

The prophecy of years ago is fulfilled in our day and we see it.

Ovaries cut out—uterus dragged down into the world—or cut out—women transformed into worse than beasts—men in the lunatic asylum—children with dwarfed minds, sickness everywhere—hospitals crowded—with misery all over the civilized world—agony (in childbirth such as should never exist under the natural conditions) but which is so great that it cannot be described by pen and

ink—and suffering bodies and the early deaths of children all due to breaking this law of cleanliness.

This subject bears your deepest consideration and thoughtfulness. You see the results but you never before knew the cause and even now, if you should go to your medical fetiche or your father confessor, he would never utter a word of explanation as to this condition of so many of the world's inhabitants being so unhappy, so insane, so drunken in their own blood as with sweet wine.

No argument—no object lesson ever came before the eyes of the world equal to this lesson in this, the first year of the twentieth century.

No greater proof of the existence of a living and over ruling God, than in the present unfortunate occurrences that are occurring everywhere, because the woman does not understand and heed this great law of cleanliness as set forth by the great Jehovah, so many years gone by.

The woman who is fortunate enough to understand this law, will have a sound body, healthy children, long life and freedom from pains and aches. If she keeps the law, the law will keep her from more ills than we could name over in a day. If she understands this one law, she will never suffer the pangs of child-birth that so many unfortunates die from before the suffering is all over. We say to you, if these laws were followed out in all their details, this one law of uncleanness, of allowing the woman to become cleansed before her body was subject to any outside influences, we should save ninety-nine cases of what are called "Lacerations" and nearly all of the pangs which are so common to women in child-birth.

This alone would be a wonderful change in the present status of life.

But it does not commence to fulfill one half of the changes that would be here if every woman should keep this law of cleanness.

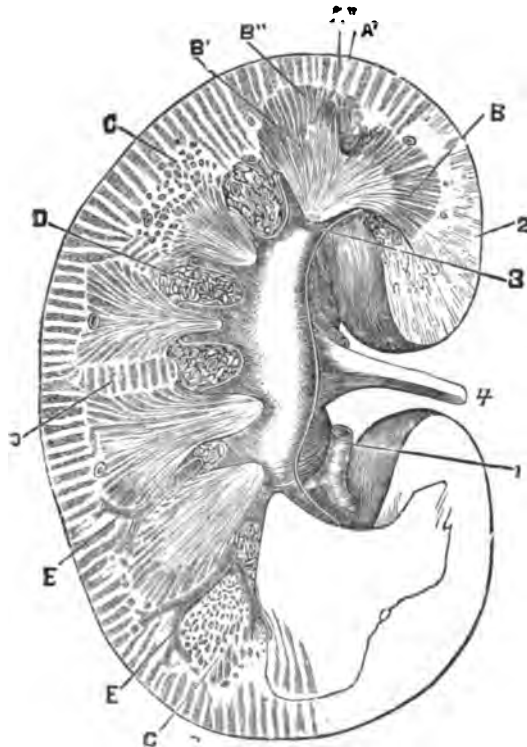
We should seldom see any cripples or idiots. One half to three fourths of the lunatics would immediately be erased from the books at the insane asylums. There would not be one tenth part of the insanity, if we can judge from the mortuary statistics.

Observe this a moment. In cities where there has been any accurate statistics kept, we find that the Israelite has a death rate of only seven in 1000. While of those who pride themselves on being "Christians," we find that twenty-eight die in every thousand persons. These are not accidents. They are the results of certain definite laws and these laws are governed by some thing. We assert that at the very beginning of the examination we shall find

that man and woman, where they have had and observed this law of cleanliness have had long life.

To make this lesson in anatomy very short and comprehensive, we will just introduce the anatomy of the kidney.

Fig. 20.



Longitudinal Section through the Kidney. (Tyson after Henle.)

- B." Boundary Layer of Medulla.
- B.' Papillary Portion of Medulla.
- C. C. Transverse section of tubule in boundary layer.
- D. Fat of Renal Sinus.
- O. Transversely coursing Medullary Rays.
- E. Artery.
- A." Labyrinth.
- A.' Medullary Rays.
- B. Medulla.
- 2. Cortex.
- 3. Renal Calyx.
- 4. Ureter.
- 1. Branch of Renal Artery.

Figure 20 will represent the kidney as it seems when it is first taken from the body.

Figure 21 will represent the first section, in which are exhibited the sections into which the kidneys are divided. Called Pyramids.

The next division is third and last and here we see where the



blood goes in through one set of these tubes (called Afferent veins,) then when this blood has gone into this kidney as red blood it has lost its redness inside of this kidney and comes out through the Efferent veins as blue blood. And, while this blood has gone into Glomerulus as red blood and has come out as blue, or venous blood, it has also lost, or dropped its urine and this water or urine, will be passed off through the ureter down into the bladder and from there, periodically, it will be sent off out of the system. The blood has actually been purified by this passing through the kidney, although, in this being freed from this urine, it has passed off some of the oxygen that it contained when it had the urine in it.

When we have seen the blood pass into this glomerulus red and have seen it come out blue, then we know that some thing has been done. What?

Every corpuscle in this volume of blood, if it was all right and healthy, carried in some Oxygen, (or, pure air) and left this pure air inside of this small body. What else? This corpuscle also left some thing else.

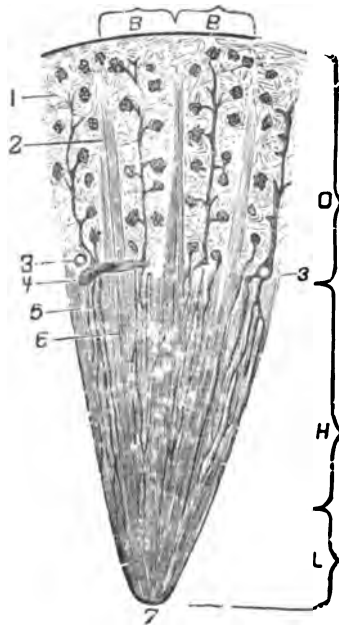
Every red corpuscle left what it did not want of the water, or excrementitious material, which we call urine, inside of this glomerulus and this urine was passed at once, if the glomerulus was in good condition, down through the urinary tubule at h.

If you have considered these conditions, then you can see why it is that after one has taken in any thing into the body, which will not readily pass off through the kidney, we will, after a while, have some thing at fault in the kidney.

And the kidney has some thing the matter with it.

At this place one can see why the woman had the sunken cheeks. She had irritated this kidney, with the scabby tea from China and the kidney might have allowed the water to pass off all right, but it did not, because it was so much clogged up, take out all the other material that should have come out, and we have a clogging in the kidney. Then we have (perhaps) a shrinking of the kidney and the kidney may be movable. Because it may become some smaller after it has been engorged and swelled up. When this is the case, we can have what is called a "floating kidney." It never floats—this is a fiction of the doctors. But it can be moved and when they desire to have some operation, if you have the money to pay for it, or your father, husband or brother has, then they will cut down and pretend they are going to "anchor it". One of the most simple and deceitful operations on earth. No necessity for it. Because, if this kidney was

. Fig. 21.



PYRAMID OF KIDNEY.

This is designed to show the manner in which the kidneys are divided. In these pyramids, are transacted all the work (by the Vital Force,) so necessary to have the body cleansed of its impurities.

We may presume that when the kidney becomes clogged up and cannot pass out its worn out material, that these pyramids become enlarged and we have PAIN in the BACK.

small enough to have it "move" then the way would be to fill it up with good material, which would be soon accomplished without any cutting, if the person would live on good food and have the habits all right. Your Vital Force will accomplish this for you.

We may further take notice, that, if this kidney could not take out all of the material that was in the glomerulus, or, rather, if the glomerulus could not assist or allow, the red blood corpuscle to drop, or to dump, all of the old materials into this glomerulus, so it would pass off in the urine, then it would go back into the blood stream. What then?

Then nature or the Vital Force would have these particles carried some where so they could be sent out from the blood stream, and perhaps these particles would be sent down along the ovary and there dropped, because there were some waste places in this ovary.

Perhaps the unfortunate woman had to live with some man who did not know or did not care anything about the law, and so she might have had one or two unclean children and these ovaries

would already be clogged up with uncleanness. So the particles of waste matter would be sent into the Ovary and would have an accumulation of waste material inside of the unfortunate ovary and then, finally, we would have the "ovarian tumor" that we see portrayed in figure 19. Unfortunate and ignorant woman. It might have been my sister, wife or mother. She was some bodies, "wife, mother, or sister" And how unhappy these conditions would make us. And the doctors?

Did they ever tell us why these bunches came? Did they tell us about tea, starch, hard water, and uncleanness? Never a word. Not a cheep out of their heads. Let allopathy be accursed for the ignorant set of satanic worshipers that they are.

Ernest Haeckel, a German infidel, wrote a work called the "Riddle of the universe." All the fools and the writer looked at it. But, we do not have any riddles unless we put out our eyes and do not want to see.

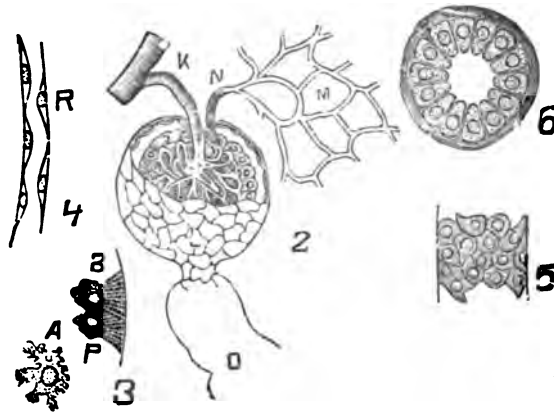
All is law and all is beautiful and good if we will make it so. When we do not obey the laws, there does not have to be any bug or germ or spook to come and eat us up. If we drink hard water this is not a spook bringer. But, we shall have this excess of lime in our bodies and the laws of Protoplasmmy will explain to you that at some time, in some place, these settlings from the hard water will be some where and you can call it anything you please, "tumor," cancer (when it becomes putrefied.) or anything else—but it will only be a result of some broken law just the same as two and two are four. Same kind of a law which you can see through and avoid if you will only take time and have some thought in your head instead of being unclean and filling your mouth with tobacco and lime. Easy, simple if you desire to have knowledge. And still God asks you—"why will ye die?"

When you see this small part of your anatomy, think of the effect of alcohol and of tobacco on this kidney. Consider the effect of these little brown particles of coffee on this organ. Because the end does not come at once, we think it will never come. But it comes along day after day and then we have to pay the penalty for breaking the laws. Paralysis, Rheumatism or Cancer.

While, if we are obedient to the laws, we know that we shall have a sound pair of kidneys and we shall have all of our urine carried off out of the body and then we shall be in good condition all over. Brain and body. Sweet as a peach from the tree.

We should not forget that in all of the cases where we have any fault with this kidney, that, after some little time, we may have a trouble with the bladder. We may have scalding of the urine;

Fig. 22.



(From Landois and Sterling Physiology.)

K. Vas-afferens—or Afferent vein through which the RED Blood flows into the glomerulus.

N. Vas Efferens. Or, Efferent vein. Through this vein, the blood comes from the glomerulus BLUE.

M. Capillary net work of the cortex.

2. Endothelium of the capsule.

O. Origin of a convoluted tubule. And O. Urinary Tubule.

In order to understand the mechanism of the urine passing out from the blood, look at the ball, between 4 and 2 as the Glomerulus.

K. As the afferent vein, through which the red blood is poured into the upper half of the glomerulus. And, inside of this ball (glomerulus) the corpuscles dump or drop or excrete or send out the urine into O. urinary tube from where it is collected into the ureter, this urine goes into the bladder. Then the blood corpuscles having dropped the urine and the oxygen, passes out through N. the efferent vein, from which it's passed back into the veins and goes back to the heart purified of its urine and also is turned from Red to Blue Blood.—This process is important to be understood in Kidney disease of all kinds.

or, we can have a condition of the bladder where we cannot pass the urine.

For these cases we may have to insert a small tube and draw this urine from the bladder.

This is not because of any trouble with the Force—but—because the bladder is filled with some old worn out material that we should soak up and get free from it. Then it will pass off and we will have the natural use of this bladder again. The bladder will act when it is freed from its load of old material.

When from any cause, we do not have this urine to pass off all right, we shall have head aches and then some times, we may be dizzy with this excess of urine in the system. If we think out these causes, then we will know what to do for these conditions and we shall not have to run to some medical priest who will dose us as he or she has been taught and give some drug that will has-

ten the action of the kidney and leave us in a much worse condition. Pure soft water and lots of it outside and inside will help us more than any drug on earth. We should have the kidneys cleansed and then these conditions will pass away. As long as we leave these clogged up conditions in the body, we shall have the conditions. And these are what we must consider and think of to get our bodies in the best of condition.

While in any of the races where this law of cleanliness is unknown, we find deaths running up in proportion to the ignorance and the disobedience of these cleanly laws.

One of the European writers has ascertained that in these United States we lose just half the children under one year of age. In other words every other child that is born, dies before it is one year old.

Why so? Because they were not started rightly. Were not conceived in a clean time with the woman. Of course we do not say that surroundings would not have much to do with these matters. They would of course. But, all the surroundings on earth will never carry the child back who was conceived unclean and make it a clean child. Observe this. You who are to have the next crop of children. Observe this every man who is thinking about the good of the race. The good of humanity. Good will to men (and women also) must commence along this very line. We must have our bodies clean before we can have the mind in the very best conditions wherewith to use this mind. And to have this body pure, we should have it clean to commence on.

With these remarks we return to assert that in all forms of disease this effete matter, that should be passed off, but does not pass off, is lying in the system ready to come to the surface or is ready to act as a basis of congestion in any part of the body, when there chances to be any other provoking material to arrest the general circulation in any part of the body.

With this arrested circulation, we have this extra cause of stasis any where we can have the ganglions congested or the spinal column in a compressed state and then, when the cold comes to cause contraction on or in the membranous investiture and we have a stroke of paralysis.

### CONDITIONS, DISEASES, SICKNESS.

1. As long as all the corpuscles, organs, systems in the body are in perfect harmony, we have a sound body and, unless from causes which may have come from outside or from other influ-

ences, we will have a well balanced brain and corresponding solid body.

2. When, from any cause, or, causes, we have any of these organs, corpuscles, systems or parts of the body changed, from lack of nourishment, exposure, excessive activity, hereditary weakness from too much of one kind of food or drink, then we have the entire system corresponding to this change in any one of these parts and we have less action or more action of the Vital Force, or less of fibre or a lack of something which brings the body into a changed condition, that is commonly called a diseased, or a pathological condition; or, as commonly expressed—sick.

3. Sickness or diseases that are often looked upon as entities, are simply changed conditions of the body from what is seen to be a cause that has influenced or changed the actual condition of the corpuscles, systems, organs or parts of the body from its healthy, or normal condition (condition which it should have and remain in by Nature,) into a condition where these corpuscles, systems or organs cannot work in harmony or at ease with each other. A changed condition. A disease. A condition of the body in which, if it is severe enough to warrant such an expression, is called "sickness." This may be divided into eight hundred and thirty varieties.

4. One of these causes of changed conditions may have been hereditary, or from either parent, or, from the condition of either parent at the time of conception, or from some cause after the child was conceived. Any or, all of these conditions would change the standing of the child, and in after life could very materially affect the condition of the body of the person.

No. 5. From all history, we may gather facts to prove that the surroundings existing previous to birth, will have much to do with the bodily and mental conditions of the child and the man. It does not account for every thing which may be seen, or felt every day, but it can account for enough so that we may be sure of enough to explain results, that we are familiar with as diseased conditions of life. Even if the child is properly conceived, the mother may receive a shock, during the time of gestation, which may transform the child into a lunatic, an idiot, or mark it in such a manner as will never be effaced from its body or mind.

No. 6. At birth it can be robbed of its inheritance of robust life, by the careless or ignorant mid-wife or physician so that it will go through its life with only half as much vitality as it should have had. The tying of the navel before this cord has ceased to beat or

pulsate is one of the most fruitful of the causes of certain conditions of weak heart and premature death.

No. 7. Improper sexual connections bring forth improper progeny. The marrying of cousins will in many cases produce weaker children than there should have been. While this may not always be seen on the first generation and parties may go on with a general average life and be good citizens, there will always be a weakness in the brain or body that will show itself to the student, or thoughtful persons when the changed conditions or diseases are present. But, in the next generation this weakness can be entirely eradicated.

No. 8. In all of nature, there are no laws which have brought forth greater changes in the bodies of the human race than the departure from the correct standard which was given to the Jews, through Moses.

When the laws were given that prevented man from co-habiting with woman during the times of her menses and for seven full days afterwards, there was a greater law of health, mental stamina than has ever been explained by any inhabitant of this earth. The egg of the female comes into the uterus directly after the menstrual period and rests along or near the mouth of the uterus on its inside, until about the sixth day and then passes off and out of the body.

If, during this "period of time, which is called the period of uncleanness," the woman should take the man, sexually, and should conceive, she (from all the knowledge that we now possess,) will have an unclean or a body of a child that will be unclean and will, other things being equal, be inferior to other children who have been born from conception when the egg has come down fresh from the ovary or, from the penetration of the Spermatozoon into the ovum (egg) of the woman, which has come down after the menses were over and the body was in a cleansed condition.

In other words, the egg that has come down and is tainted with the menses is not a fitting receptacle for the spermatozoon to enter. It will cause the child to remain unclean and will not be in the same condition as if the spermatozoon had gone into a clean and fresh egg, directly from the ovary of the woman.

Mentally and physically, these children will be unequal in the warfare of the world. It is true that in after years, when these grown up children become acquainted with themselves, they may entirely overcome these weaknesses. Hereditary traits of character, weakness and many kinds of sickness can be sent down

through children, but if the children are trained correctly, much of this can be overcome as the child grows up.

Children of drunkards are never as good as others, although, if the father was sober for some little time previous to conception, it will not show on the child to a very marked degree.

Victims to the tobacco habit rob the children of what should be their right, to have the best kind of a body to live in.

Besides this fact, which cannot be denied, the child who is the child from a tobacco user, saps the life from the mother and thus the mother is poisoned with tobacco, second hand. Her body is never as good after she has borne children for a tobacco soaked man as if she had carried the child for some man who never was addicted to the use of this poison of the intelligence.

Lying beside one of these tobacco soaked men has caused more deaths of women than all the armies ever killed since Cain slew Abel. And the deaths of children who have come from the loins of these tobacco steeped animals are so common that we pass them by unnoticed.

The entire race has changed since the fifteenth century and we are finding the brains and intelligence going every year into the hands and guidance of the men or women whose fathers did not use tobacco.

And, when these in their turn have the tobacco habit, they go down and the strongest take their turn at driving the world along—mentally.

Children of women who take snuff are smart enough at some things. But lacking in vitality and it is not any wonder at the cruelty and degraded habits that follow wherever we find the women taking snuff or dipping snuff. The use of the pipe and cigars do not do the damage to the nervous system that dipping snuff has on those who are slaves to this filthy habit.

We see the habit of suicides and hasty anger dashing out the brains of ones self and these can all be traced to the habits of drinking strong drinks or giving the body these articles which irritate the red blood corpuscles. It results because of some broken law. Nothing comes without cause.

### METHODS OF CHANGING CONDITIONS.

In all of these cases, we find that it is not enough to give a name to some condition of the body to cure it. Or, to change it.

We desire to have the body at its best and if it is not at its best we should know how to change the conditions so that we may have the body at its best conditions.



All kinds of doctors and even the Christian Scientists, have an idea that **they** are going to do something with some way of theirs. The Allopath with his drug, the Homeopath with his little pill. The African with his fetiche, and the C. S. with his prayers to his god.

All going to have something done. Protoplasm **my** does not ask you to do anything. It says, if you will kindly take away these obstructions—if you will please to supply nourishment that is proper for these corpuscles to use, the vital force will do the doing. This Force will act all right, if you will allow it to act. And, if you will not remove these obstructions to the force and if you will not supply the proper kind of nourishment needed by the force in the body, the law tells you that, sooner or later this force will go back to the Great First Cause who gave it and we shall be without any body, in which we can live and move and have our being.

We do not believe in any fetiche, any poison drug to drive away the spooks or to "give one poison to drive out of the body some other poisons." We know this to be untrue.

Nor do we have any faith whatever in any prayers to any god. We have been taught the LAW and if this great Jehovah gave us these sets of laws, we have to get right to work and keep these laws or else get out of the world. These are facts. No believing a thing will ever make it so. No kind of a paralytic will ever believe himself to be well. No insane man can think himself well. We have to wash off the dirt from the body and give the vital force a chance to go to work. When the force takes charge and can work, then we know that we are on the right track for a long life. No one can stop us and no spook, germ, bug, cocci or "auto infection" can catch us or do our bodies any harm. We will keep the law and the law will keep us. The First Cause that made the law will see that no "untoward circumstance" will give us over into the hands of the tox-administers. The allopathic and homeopathic doctors. The "regular" calomel, opium, strychnine dosers. We must have the knowledge. And with this knowledge, will come the way to keep the law.

But, if we have not kept it.

In these cases, we have to change the conditions.

Of these Methods, we have several. All suited to relieving the parts, (not us, but the allowing the force to DO it,) and giving the Vital Force an opportunity to do the acting and placing the body in the best of conditions.

We may have to use one first, or we may have to use another

method of changing the conditions. But, all of these methods have the same end and the same object in view when we do them. To cleanse the body from its obstructions and to allow the Vital Force to have the chance to again take full charge of the body.

Some of these methods are called simple; others may be of more complicated steps. All are in accordance to Law and all have the same object.

To cleanse the body. To teach these methods and to give the reason why of these methods, is the object of this work.

We might call these steps one, two and three, etc., etc., but it is according to the condition of body that we have to use these methods. Ourselves must be the judge of which of these steps that are best to use first. And, in some cases, we have to use that which we can do and not that which we would do if the circumstances were different. Under no circumstances should we interfere with any other kind of a physician nor should we do or say anything other than we would like to have said about us.

In each and every case, do to others as we would be done by and not to injure or hurt any ones' feelings in any case. What we know should be kept inside of our brains. When the time comes where we can act, in unison with the desires of the Vital Force, then it will be time enough to talk, when the case is well and we are the masters of the situation. We should under every circumstance, be chary of our speech. Better let the case go than to do anything that will come back on us and make us feel ashamed of ourselves.

These methods are some of them old. Some of them very simple. All free from any fraud or error. If we are fraudulent, we shall have our reward while we are here. It will come to us. If we act honestly, we may rest content; our reward is coming and is on its way to us. No one can stop its reaching us.

What we should be sure of is that we are right. This we can be sure of when we observe the conditions carefully.

Washing the body.

Usually, this is the first step or first method of changing conditions.

### WASHING THE BODY.

Where the body has received its cold bathing every morning, then we will find the skin clean, as a usual thing and there is something else to be looked after.

Washing is a necessity.

All the body should be washed all over in cold water, every

morning, omitting in the case of women, the times when they are unwell. And, possibly the day before.

Persons who are chilly, should not be forced to take bathing against their wills, unless in case of children, where their dislike to bathing is from their lack of industry. Where they are really chilly, the bathing should be done in a warm room. Water should be cold, as the temperature will allow, say at the temperature of 60 or in winter time down to 50 or it will not do any hurt to a strong man or woman, to have the water at freezing point. No not a particle. If the ice is in the water and the bathing is done quickly, there is going to be a good reaction and the bathing will do very much good.

In all cases of fever, bathing is the first step, if the bowels are free.

To bathe the case properly, if it is one of special interest, the nurse should have one or two or three towels, and if the patient is sick in bed and cannot rise, wash with the hand, the face first, having protected the pillows with towels from the water that may wet them.

Wipe dry. Wash one arm, wipe it. The other arm and wipe it and then take the chest or back and wash them quickly and wipe dry.

Go over all parts of the body with the hand wet in cold water and if the patient can bathe any part of himself or herself the nurse should let them and insist on them doing parts that cannot be done as well by the nurse.

Feet should always receive special attention. In between the toes, round the heels and all the foot, is one mass of nerves. Nerves and arteries are profusely placed round the feet. Washing these members will give great satisfaction to the patient and to ones self as soon as it has been accomplished.

If nervous or paralyzed, each side of the spine should receive much attention. And, if there is coldness and numbness, the nurse may have a coarse towel to rub with or a brush or any thing that seems to bring the circulation there. But, it will be found that in all of these bad cases that cold water judiciously applied will have more real effect for the better than any other article. The reason is this:—

By washing, we bring (Vital Force brings.) the corpuscles to the surface and they can cleanse themselves.

While it is best to have soft and pure water to wash in, yet, we had best to use hard water, than not to use any water whatever.

Salt water is irritating or stimulating to the skin but has been

used in many cases with apparant success in cases where the skin needs stimulating. But, only for the purpose of stimulation, is the salt water to be commended. If there is any humor (eczema, psoriasis, etc., etc.) in the skin, salt will hinder its egress from the pores. And, in many instances, salt water will prove to be an irritant to the nerves.

Salt sea bathing is all right and many persons thrive on it. Sickly children who are taken to the Beaches at the ocean resorts are usually benefitted.

In these cases we think the benefit is derived because these persons having worms or parasites internally or externally, get rid of these parasites from the action of salt in the water and not from any intrinsic merit of the salt water itself.

The benefits derived from the use of sulphur in the water and the sulphur baths may also be accounted for on the same grounds. Pure water which will take off the dirt and wash off the old scales should be, theoretically, the best kind of water to be bathed in.

Warm bathing, is not best for the human body as long as the body is clean. Nor, should the woman, who is menstruating, take the bath during the times of her periods, only under circumstances where she is sure what she is doing. As a rule, we assert that there should not be any bathing during this time.

Although "washing," or bathing, is, apparently, very simple, there are facts about the condition of the body before bathing which should be known and heeded by every nurse, parent or guardian.

a. Do not, for any reason, have the body, or any part of it bathed or washed directly after eating, wait fully two and a half hours. Because, after meals, the blood has been called to the stomach and digestive apparatus, and to call this blood to the surface, as is the fact when the body is bathed, prevents digestion. Many cases of convulsions have occurred from this cause.

If the blood is called to the surface while it is in the process of pouring the contents of gastric juice into the stomach, we shall have a complete stoppage of digestion.

To stop this digestive action and start the blood some where else, and, to leave the food as an inert mass in the stomach, as a half solidified mass, is to place the body under a great strain.

When the body (or the Vital Force.) makes the effort to get rid of this extra load, after one has drawn the blood to the surface by washing it, we see this effort of the V. F. and call this effort a "convulsion" or a fit.

b. While the body is chilly, as in the case of chills and fever, or

when there are decided chills over the body, do not allow the bathing.

c. After a dose of physic has been taken, do not bathe, until the physic has acted; or, better, until the effects of the physic dose has passed from the body. Although, where FEVER becomes apparent, known from the heat of the skin, or from swelling of the feet, these extremities may be bathed.

d. After being in a violent perspiration, it is not wise to strip off and bathe or wash, unless the person is sure that a chill will not be the result. Sudden chilling of the blood is dangerous to any one. Corpuscles can be killed by a sudden shock of cold water, when the body is excessively warm.

Especially is this true in regard to young children and weakly persons. Wait until the proper time has elapsed after eating; wait, when the body is chilly; do not force the bathing when there has been a violent exertion.

While the body of the invalid is weak, let the nurse wash quickly with the hand, frequently wet in cool or cold water.

In cases of fever, the skin may be rubbed for some seconds, until the outside scarf skin is loosened.

In case of worms, especially tape worms and pin worms, do not bathe much until the worms are driven from the body. Give stimulation until the body is warmed up.

At night—before meals,—when hot and feverish, the washing with cold water of the feet, knees, hands and arms above the elbows will accomplish much towards equalizing the circulation.

Even in cases of great weakness and excessive nervousness, this quick bathing of the extremities, will be grateful to the patient and assist the corpuscles in carrying off effete or worn out material through the pores of skin.

In cases of fever, as we shall see later on, the frequent bathing of the skin is a positive necessity.

While the child is growing, the body expanding and the organs developing, the lack of the daily cold bath is detrimental both to the body and the brains of the child.

The child needs the bath as certain as the horse needs currying. It can not be withheld and have the child in the best possible condition. Give the cold hand bath as soon as awake in the morning quickly and change all clothes from those worn in the night to a fresh supply in the day time.

There are certain changes made—or allowed to be made by the cold bath, that are worthy the study of every one interested in the best conditions of the human body.

1. When the cold strikes the body, or the surface, the red blood corpuscles are called from all the deeper tissues, and the speed of the circulation is increased.

2. These corpuscles can, and do, take in through the pores of the skin, this clean water and can pass off the old or worn out particles from their little bodies.

3. When the pores of the skin are open—needed air can enter which is necessary to the life of the corpuscle as well as to the Force inside of the tissues.

4. All the loose scales are washed off.

5. When the outside loose scales are off, out of the way, the next layer can come up and freshen the scarf skin. Or, can form new and perfect scales. These will be tougher and more perfect scales.

6. In the capillaries of the true skin, when there is freedom from obstructions, we have an increased circulation. More power of resistance by the corpuscles and a taking away of the effete or worn out materials from the deep tissues, thus cleansing the heart, lungs, kidneys and spleen.

7. By having the skin clear and giving the corpuscles an opportunity to cleanse themselves, we relieve the ganglions of the heart from their loads or deposits and, at same time relieve the glomeruli of the kidney from being clogged by burdens of waste material passing into them through the blood. (See glomerulus with the afferent and efferent veins with the urinary tubule.)

8. In the change from white blood corpuscles to the red, where there is condensation on the outer wall, there is no agent or condition so beneficial to this change as the washing of the skin in cold water, where it is bathed under correct conditions. It supplies oxygen or pure air to the white corpuscle and gives the corpuscle an opportunity to throw off its excesses, waste and effete material.

9. Processes of thought are said to be evolved by the brain. We are informed that the giant atoms of the brain, are receptacles of this thought.

Under any circumstances, to have the brain in the best of order, we must have the purest of blood. We cannot have this pure blood unless the corpuscles are purified. And to purify these corpuscles there is no agent so necessary as the daily bathing of the skin. Without this daily bathing, we cannot expect to have the best kind of brains.

And, if we desire to see proof of this fact, we have only to read the history of nations who have been accustomed to bathing and compare these bathing nations to those who do not bathe every

day. If we desire to see more particulars in this matter, we have only to try the habit on our own bodies to find out the superiority of cold daily bathing to the habit of allowing the skin to take care of itself without any daily bathing. The condition of brain—memory—quickness of thought—capability of grasping subjects that are a necessity in our avocations, will be seen to be much improved when we have the daily bath to the surface of the body. And this bath should be of cold water and not warm water which leaves the skin in a debilitated condition for some succeeding time.

### INJECTIONS TO THE BOWELS.

Pr. 86. No one method of changing a condition of the body has received such criticism, during the past fifteen years, as the one of injections. Injections are as old as medicines. It is said that birds have had to use injections of water with their beaks to overcome the constipated condition of the bowels.

About the year 1887, or, perhaps some earlier, an editor of a periodical commenced to sell a method what he termed "Flushing the Colon," which was the use of water cold or warm to the lower bowels-

This was not new to history; for the Water Cure people and the class styled "Thomsonians" (after Samuel Thomson of New Hampshire) had been warm advocates of this method of cleansing the lower bowels.

After 1848 the Allopaths commenced their game of hoodwinking the common classes and by lying and destroying what books were printed and by making life miserable to all those who desired to have any reform in medicine, these ideas were buried beneath a mass of falsehoods and their use was forgotten,

When A. Wilford Hall commenced to sell this knowledge of the injection to the bowels, it flew over the nation. And it is asserted that A. Wilford Hall made a couple of hundred thousand dollars from the sale of his secret.

His method was to sell the "right" to use the injection and to bind the buyer "on his sacred honor" not to divulge the secret.

A. Wilford Hall made a good thing out of it. Meantime, the Allopathic man, true to his instincts to hide every thing from the "dear people" commenced to lie about the injection, "paralyzing" the bodies of those who became "used to them."

Of course, some of this might have been based on some fact, but the most of these assertions were simply lies to hoodwink the common people who would not read and never did and will not up to date, do any thinking or any reasoning for themselves.

When it is considered that these injections (or "Clysters or Enemas," words which are used to denote the same thing) have been used for two or three thousand years, it hardly seems as if any "selling" of such an open secret were possible. But it is the fact. Time and the habit of trusting to the Allos Pathos doctor had left the nation without any actual knowledge of this most valuable method of cleansing the lower bowels.

Various kinds of syringes have been in use and from the common barrel with a piston rod to the bulb made by Davidson up to the bag or fountain syringe, we have innumerable varieties.

The bulb syringe—one with a bulb, which is squeezed and the water forced out of one end of a rubber pipe, is the most common, and the most inexpensive. It costs but fifty cents or, even less and will accomplish the purpose of forcing a small or large quantity of water up into the bowels and this will stimulate the bowels to act and we have the motion of the intestine that brings down the feces from the burdened rectum, into the world. .

When we call to mind, that in this rectum stays the mass of feces until it can be sent out, and, when it is considered that unless it comes out, and if it stays there, that this mass will be absorbed again, we can see the necessity of injections to the bowels. Or injections to the rectum, to get this rectum emptied from its burden of feces.

Whatever may be the decisions of different minds, it is a sure thing that we do not have any better method of changing the condition of the bowels from being loaded up and filled full to a condition of emptiness and cleanness, than from the use of the injection.

The most common way is to fill up the rectum with water, warm, or cold, as may be most convenient.

Warm water is nearly always advised, because, if the injection is of much different temperature from the body we will have a sudden contraction of the intestines and pain.

Therefore the injection should in almost every case, be of a temperature as near the warmth of the body as we can have.

How much of an injection to use, depends entirely on what we desire to do with the injection.

If we desire to unload every thing in the colons, we may have need of fully four quarts of liquid.

If we do not want to do any thing more but to have just the lower bowels cleaned out, we may use a pint or, even less.

About the mean between these two will be enough in almost any case.

When we have fevers, and when the bowels have been clogged



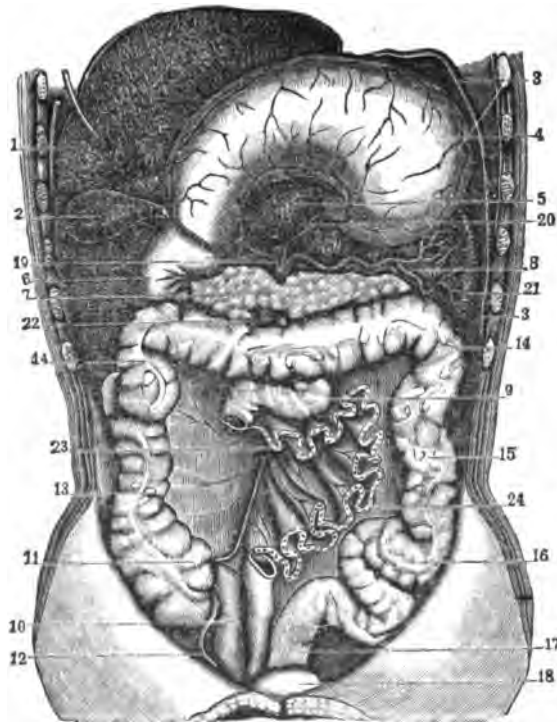
for some time, we need to use more than these amounts and may need to use them often enough to thoroughly cleanse out all of the colons and give heat enough to the bowels to stimulate the contraction of the colons and bring away, not only what is in the inside of the bowels, but to clean of the outside of these colons a well. In this accomplishment we clean off the inside and the outside material will come through the walls of the intestines and give great relief from their burdened conditions.

If we desire to understand the method of these injections we have to think about the manner in which these intestines are fitted to each other.

In figure 25 we see that we have the small intestines in the upper part and that these small intestines empty into the large intestine on the right side of the body, low down in the groin.

What may be inside of the small intestines can easily pass into

Fig. 25.



4. Stomach turned up. 18. Bladder. 17. Rectum. 9. Small Intestines.

At about 11 the small intestines join the large intestine. This is called the ascending colon. At 14 we see the TRANSVERSE COLON. At 14 on right commences the descending colon. These are called the LARGE INTESTINES. And are what are cleansed out by an injection to the bowels.

the large intestine, but water or anything else, if placed in the large intestine, is said not to be able to get up into the small intestines because of a small valve like fold in this small intestine, which is called the ILEO-CÆCAL valve.

We think this is an error. In fact, we know that in many instances we have known of the injection coming up into the small intestines and bringing down the dinner one has eaten an hour before.

For this reason we are sure that injections should never be used directly after one has eaten.

When we desire to change some condition in the intestines or rectum, we then make the injection to contain some kind of liquid that will assist in producing this change.

If, for instance, the bowels or rectum should be cold, we would desire to have it warm. Why? Because we know that when the bowels are cold, they are in an unnatural condition and should be made warm.

Our object is to return these bowels to a condition of nature. And, to do this, to change from a cold to a warm condition we use some stimulation. Any stimulant that does not contain any poison that is offensive to the Vital Force, may be used. Catnep herb is the most common and one that is most universally successful in all cases.

We should place two or three ounces of the herb of catnep, into four quarts of boiling water and let it steep ten minutes.

Strain this through a cloth fine enough to take out all the particles of the herbs and we have what is commonly called "a medicated injection" for the bowels.

We do not regard the catnep as being a "medicine" as the word is commonly used, but we think this catnep herb is a food which is of benefit to the blood corpuscles of the bowels. Whether we consider that the blood corpuscles are inside of the intestines or not (and they really must be,) we know that there are muscular striata in the outside or the muscular coatings of the intestines and we know that in these muscular striata, there are tissues which contain the V. F. and in these spaces as has been shown by our Doctor Redding, we have the cause of muscular contractility. And, in these spaces, it is necessary to have nourishment and regarding catnep as nourishment, we regard it as a "food" and not as a drug or medicine in the manner that the word is used by the doctors.

Or, if the person is very weak and we feel in doubt about the outcome of the injection, we can make the injection to the bowels

of gruel, warm and fixed up suitable to become immediately nourishing and then we have the "nourishing injection." This may be given in any and in all cases where the person is very weak. It can also be retained in the bowels without any harm and really, if absorbed, it would be the same as food sent into any other part of the system.

If there is any bleeding from the bowels, from any cause, we can use some astringent. This can be from any of the classes of astringents and may be selected with regard to the condition of the patient.

If there are piles, we can select two ounces of Raspberry leaves and after steeping them half an hour, in three quarts of boiling water, they can be strained free from all kinds of particles and used at a temperature of 70 or 80 degrees Fahrenheit.

Or, use as may be most pleasant in temperature for the one who is to take it.

If there are bleeding piles, we may use bayberry bark. An ounce to two quarts of boiling water will make a very strong injection of bayberry bark.

This injection is good for piles; weak back; falling of the rectum or falling of the lower bowels and we can add Pennyroyal herb to this or, if there is coldness and paralysis, we can add the catnep herb to this Bayberry bark, when we have the two conditions in the person.

If we need a stronger injection to the bowels, we can boil up two ounces of boneset herb in three quarts of soft water and after boiling this herb boneset for half an hour, we will have a very strong injection and one which will do much towards cleaning out the intestines very fast after it has gone inside of the rectum.

Where we desire to obtain a quick action from the bowels we can use Cayenne. This is very severe, but, in cases of collapse, we have known this cayenne injection to save life. It was given in our presence once in a case of Yellow Fever, where the case was considered hopeless, but it proved of great benefit and the patient revived and is alive today. These strong injections are some times very much needed.

In case of collapse, we can take one heaping teaspoonful of cayenne, mix it up with warm water and pump it into the bowels for quick stimulation.

Such an injection should only be used when there is unconsciousness and genuine collapse as a last resort. It is very effective but, at the same time it is much too severe to use unless we feel the necessity of having a quick result. This is or may be used in

Appendicitis or in very acute pains in the bowels. This cayenne is the very strongest safe injection there is on earth. But in ordinary cases, cayenne is too severe to use as an injection to the bowels and we are better to use the mild stimulants, such as catnep and pennyroyal herb. Boneset, if we need a relaxant; and, if we desire to use something stronger than these, we can use the Canada Snake root; (two ounces to two quarts of boiling water; steep half an hour and strain as in the cases of the other herbs,) and this will be found to be very effective in a very short time.

If the patient is a woman, and has some discharge, after she has become correct in the diet and drink, we would advise an injection of the bowels of any mild astringent—as of Chamomile infusion three ounces to four quarts of boiling water. Steep an hour; strain; and use pleasantly warm to the bowels. This may be repeated daily.

The common May weed is an excellent injection.

If there are worms in the lower bowels, injections are a most prompt and decided way of clearing out these pests. Use an injection of four ounces of white poplar bark steeped an hour in four quarts of warm water.

Or the same amount of Balmony may be used to the bowels.

An ounce of sassafrass; two of Yarrow; (Achille Millefolium.) One of Quassia chips makes a very strong injection for all kinds of pin worms in the lower bowels. Four quarts of boiling water.

This may be used every day and may be used rather cool: cool enough so it will not cause any pain; and this will be found to be an excellent remedy for all kinds of small worms. But, one also must have a remedy to be taken inside to act on the intestines higher up than the injection can be carried.

We should select some of the same things to take while she is sure she may have these parasites. To be taken internally. Sassafras tea or infusion is a very good article. Although to change any of these conditions we will not go astray if we will select those agents that are known not to be poisonous to the body in any form.

Just to cleanse the lower bowels we may have the injection used in standing position. This will do for those who are well.

For those who are sick the reclining position is the best.

And, if there is great depression, we should have the mild stimulating injection of catnep and perhaps ginger and have the person on the left side. Use some and pass it off and then use more very gradually and so repeat until all has been used and every thing taken away from the bowels.

Where one has never taken any injections, or where the person

is filled up in the rectum, we should not have too much at the first. Use some and rest a while. Then try some more in five to ten hours.

For all cases of very far reduced consumption as well as those who have been taking drugs of all sorts, go easy with everything and do not rush anything very fast. Do everything easy and take an abundance of time to do it right. When the patient has taken opiates or has had any convulsions, we should be careful of using a very large injection to the bowels. Our large injection to the bowels, may set some of this old material into the general circulation—it can go to the heart and death will come—not because we have done anything wrong—but, because the condition of the body was too much filled with poisons that can be set free.

In these conditions, we can see that there is not safety in using injections where the patient has been filled up with drugs.

And, in many cases, where death has commenced, or where the vital force has commenced to leave the body, the end is only hastened by injections.

So in infants where they are in the last stages of Cholera Infantum, we shall hasten the end, although we may relieve its spasms, by using injections of warm water or of any mild astringent. We may change the conditions of heavy loaded bowels to a clean bowel but we may not be able to arrest the passing of the vital force out of the body.

See the pulse; examine the case well, if it has been sick long, before a very large injection is given.

Be easy and feel the way along in cases where there has been great depression. In cases where they have shaking palsy: in all cases where they have been addicted to the use of any drug as of opium or cocain.

Or in all cases where we follow the druggist, we may be very slow and careful and save our reputation by not doing anything until we are sure we will have the V.F. as our assistant inside of the body. If we do this, we shall find that in all cases, there is no better method of changing conditions than in giving the large injections to the bowels when the time is right. And the person to take it, is right.

#### POULTICES.

When we desire to relax a part; or when we desire to “draw something” to a head; a boil, carbuncle, or to obtain the best results on the tissues below the surface, we place on a poultice.

The best poultice is made of a demulcent and a relaxant. These can be made in any form to suit the case.

The reason for the existence of poultices lies in the fact that if placed on the surface, they supply moisture and the corpuscles bring their waste to the surface. The effete matter is eliminated and worn out matter is brought together at one place.

### GENERAL APPLICATIONS.

We find that there are many other outside applications that are used, but all of them change the conditions by simply stimulating, or irritating the outside of the skin or tissues and starting a circulation in the tissues, thus having the corpuscles go from one place to another. Either calling or irritating, driving or coaxing.

If we ask ourselves what is the difference between the agent that irritates and the one that stimulates it would be thus:—

An agent that stimulates, is grateful to the blood corpuscles and may be used as material for the Force to work with. To build up.

Whatever is offensive to the Vital Force, is an irritant.

At once the old school will tell us that Ether, Cocain, Chloroform and opium, and all narcotics, do not irritate, but they soothe and render pains less.

If this were really the fact, then this idea of having the body in a perfectly sound state, would be out of the question. We should be in an error.

Distinctions at this point are called for.

If we eat a piece of bread, this, if agreeable is a stimulant, and, when we are through with the eating, although the bread has not had time to become nourishment for the corpuscles, yet, we feel better and are gently stimulated. We are refreshed by this stimulation of the eating of the bread and we have changed the condition of emptiness, to one of fullness and satisfaction.

If we take in enough of Ether, we do not care for anything and we go to sleep, or we become insensible.

We have taken in these particles of bread and we are awake and feel very well satisfied with Life. We can love, hate, enjoy music, painting and see our horse run races with every satisfaction that any one can have.

On taking the Ether, we are oblivious to everything and do not take any satisfaction in anything, not even to love and we are gone, unless we are taken from under the influence of this anesthetic.

We have taken in these particles of Ether and they have gone into the corpuscles of blood and right away, the Force inside of these corpuscles has drawn itself into its house—the corpuscle

—and will not come out, until this Enemy—this Ether, has been taken away from its house—the corpuscle of blood. It is an irritant. An enemy to the Vital Force.

You may cut the body all to pieces while this Ether is irritating the Force and while the Vital Force, under this Irritation, is within its house, the corpuscle and will remain in the house until all traces of this Ether have been taken away and the Vital Force has control again of the corpuscles and of the body.

Bread is a gentle stimulant. Ether is an irritant.

If we can see the distinctions between these agents, we need not have any fear of being hoodwinked by the regular Calomel school of medicine. No matter how much we look into their study and their books, we find the same ignorance along all lines of thought.

Cleansing the body, is not to irritate it. We nourish it.

Another mode of cleansing is to have what are called PACKS.

Packs may be of two kinds: warm or cold.

Cloths are wet in water and applied directly to the surface of the skin and then other cloths, blankets or what not, sometimes rubber sheets and these wet cloths, being placed closely down to the skin, shut the part from the air, and this allows the blood to have a good circulation underneath the scarf skin and bring the impurities to the surface.

Warm packs have the effect at once of opening the pores of the skin and soaking it out very clean. In some instances, that we will name later on, these warm wet packs are of value.

In most of cases, we shall find that what is called the

COLD PACK,

Is of much more benefit and has a much deeper effect, or in fact, has the effect of having the corpuscles work from all parts of the body.

A PARTIAL PACK,

Is a pack placed on some part of the body and is usually made as follows:—

Apply a towel wet in cold water. If the case is one in which we desire to make a profound impression, have the towel wet as possible and do not wring it out any. Have it dripping and apply directly to the part on which the impression is to be made.

Apply the wet towel snug. Over this, apply dry one; also applied snug, but being careful not to apply tight enough to shut off any of the circulation of the blood.' Have it snug to the skin but not to bind any thing so as to interfere in any way with the circulation underneath the skin.

Over these two—one a wet towel and the other the dry towel, apply either another dry towel or, a piece, or a whole blanket, so it will cover up all the parts good and shut out all the air and retain all the heat. Shutting out the air and keeping in the heat, is the method by which the corpuscles underneath, in the deeper circulation, are better enabled to move and when these corpuscles can move and bring their wastes or worn out and effete material to the surface, then we have a very great change in the conditions underneath this part.

Cold packs are applied to sprains, to bruises, and to Rheumatisms and gouty places. Or to any places where there are pains and aches.

AN ABDOMINAL PACK is one which is placed in this manner over all the abdomen. A chest pack is over the chest.

A FULL WET SHEET PACK is a pack where all the body is wrapped up in wet towels and sheets to stay there until in a profuse perspiration.

When this state of perspiration comes, then we have the body washed all over in cold water and we are sure that we have had every corpuscle in the body at work in cleansing the parts underneath the surface of the skin.

*Packing*, is one of the safest modes of cleansing any condition.

For all kinds of paralysis, rheumatism, gout, pneumonia, erysipelas, and many other conditions, we shall find that the pack is the safest and easiest mode of getting the corpuscles to bring up their wastes and burdens and deposit them on the surface of the skin.

Because the methods of packing have been lost, the schools of medicine and the medical colleges do not know any thing about them.

In forty years, we have never had any one die in a pack.

In all of that time, we have never seen a pack, where it was properly or, even half way applied, where it did not do good and change the condition of the patient for better. And, if every one would understand the use of the cold water packs, instead of taking drugs into the system to change some condition, they would soon cut the fees of the doctors to a very small sum.

And, we know that if any father or mother will once use these packs on their children and on themselves, they will be delighted at the end of the year to find how much less was the bill for the doctor to come and the bill at the drug store for drugs.

Although, when the pack goes on, it seems chilly, yet, in a few minutes it is warmed up good, the parts will be warm and in the case of rheumatism, and all deep seated pains, this application



will **take away** the acuteness of suffering and render the body in a good **condition** because it is a method of correctly changing the **condition** of the parts by giving the corpuscles a chance to work **underneath** them. Warm and wet cloths and eliminating effete **materials** from the entire body.

The pack goes on cold, but it soon becomes warm thus relaxing, **softening** and opening all the pores of the skin underneath the moist warm compress.

Unlike Magnetism, Electricity, Galvanism, and many other modes of driving the corpuscles from one part of the body to another part, this pack allows the body to be cleansed from its waste or effete and worn out material and thus leaves the body in a much better condition than it was before the pack was put on. The corpuscles are cleansed. The body is free from some of its burdens.

All electrical appliances only change the evil, or the old material from one part of the body to another part of the body and we do not really have any permanent benefit to the body because the corpuscles have not been freed from their burden of waste, or worn out material.

And, any one can see that when we have these corpuscles laden up with old material, no matter where that old stuff is in the system, we do not really have any changed condition, until this material that is clogging up the organs inside, has been taken from the system.

In the same manner what is called

#### MAGNETIC HEALING.

only shifts one part of the load to some other part of the body and unless the other conditions of air, water and food, are changed we have the same old condition of disease back again in some other form.

PACKS are really aids to cleanliness. In all cases of constipation—all cases of rheumatism, paralysis, stiffened joints, sprains, deep pains in hips or in abdomen or anywhere in fact, these applications of cold packs are really aids to elimination of diseased particles from the system, because under the presence of this water, which is made warm by the action of the blood corpuscles, this old stuff can be disintegrated and the corpuscle brings it to the surface or sends it through the bowels or out through the kidneys or into the liver, from where it can be sent into the general circulation and carried off out of the system. Freeing the body of waste and carrying off effete materials by means of packs, is a rational and correct method of cleansing the body. It is assistance that any rational man or woman can see through, while in the

matter of giving drugs for these conditions, we place in more stuff for the vital force to have to clean out eventually.

#### EMETICS.

In a previous work we have given several descriptions of what are called Emetics. Hippocrates called these "upward purges."

In the days when Rome was mistress of the earth, the nobles had their palaces built with a room especially to take an emetic in. Such rooms were called "Vomitories."

In the vomitory room was a marble balustrade where one could lean over and, after they had eaten the feast, they could go into the "Vomitory" and have the slave tickle the throat or they could drink of some decoction or hot water and the stomach would eject all of its contents. And they could go back and finish their dinner.

One of the most remarkable events which has ever occurred on this continent or in fact in any age and one in which every American should have pride, was the placing of the scheme in practical application by a farmer's son who accidentally discovered the virtues or the properties of the herb *Lobelia Inflata*.

Thomson could scarcely read, never went to school but one month. Was entirely unlearned in every respect. Yet with this great handicap of ignorance on him, he perfected a scheme of cleansing the body which has never been equaled on the earth.

Thomson knew nothing of Roman history and most likely never heard of Hippocrates nor of *Æsculapius*. Yet, he made a set of rules which have never been matched in any school by any set of men in any time, or at any age.

Boiled down and simplified, Thomson's ideas were "CLEANSE THE BODY."

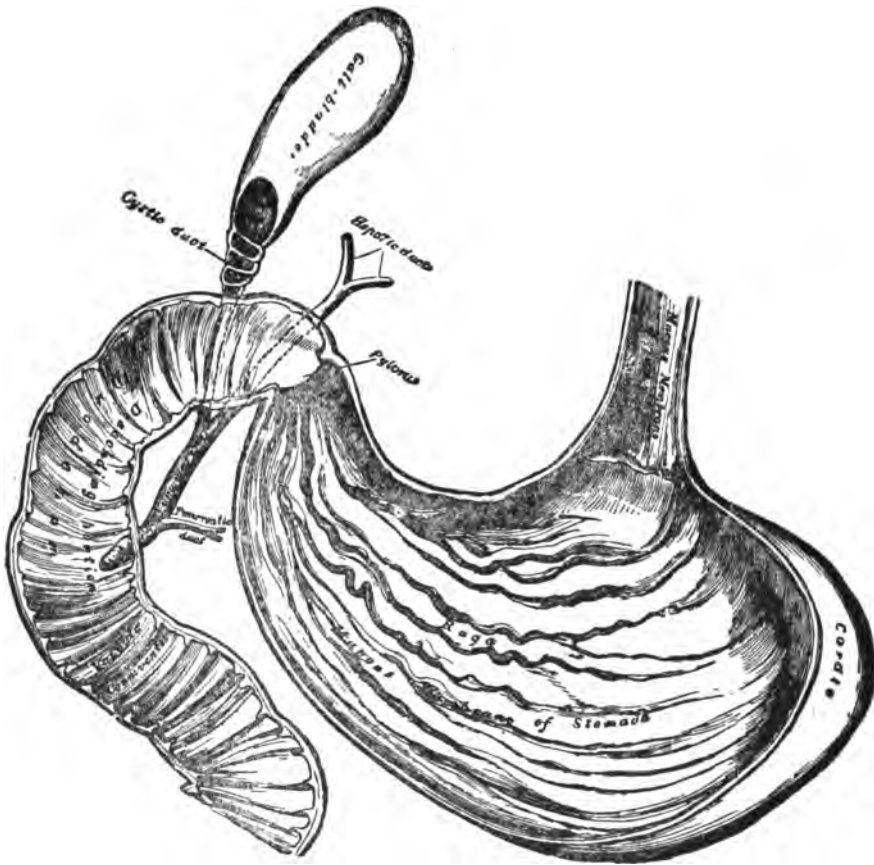
"REMOVE THE OBSTRUCTIONS," said Thomson and the patient will get well of himself. The Vital Force does the work.

Again, Thomson used the native herbs. He had thought and he had ingenuity.

His thoughts of steaming the body to "raise the heat," was what the Russians have done from time immemorial. Yet the allos pathos out from Harvard and the other Regular Snake colleges (never forgetting Rush of these latter days, which college is named after a man who said there could not be too many worms in the human body) turned this method into ridicule and lied about it to this day. But the regular Doctor is always a liar and a poisoner.

Even in these days (1900), the compiler of a dictionary which aims to be up to date had to insert a lie about Thomson that should make a school boy ashamed. Every allopathic esteems it a duty

Fig. 26.



The stomach is a bag which in an adult will hold from a pint and a half to three pints.

On the outside of this stomach run the gastric arteries.

When the stomach is empty, these arteries must be very small and but very little blood passes through them.

If we dilate the stomach, these arteries will be larger and more blood will pour into them.

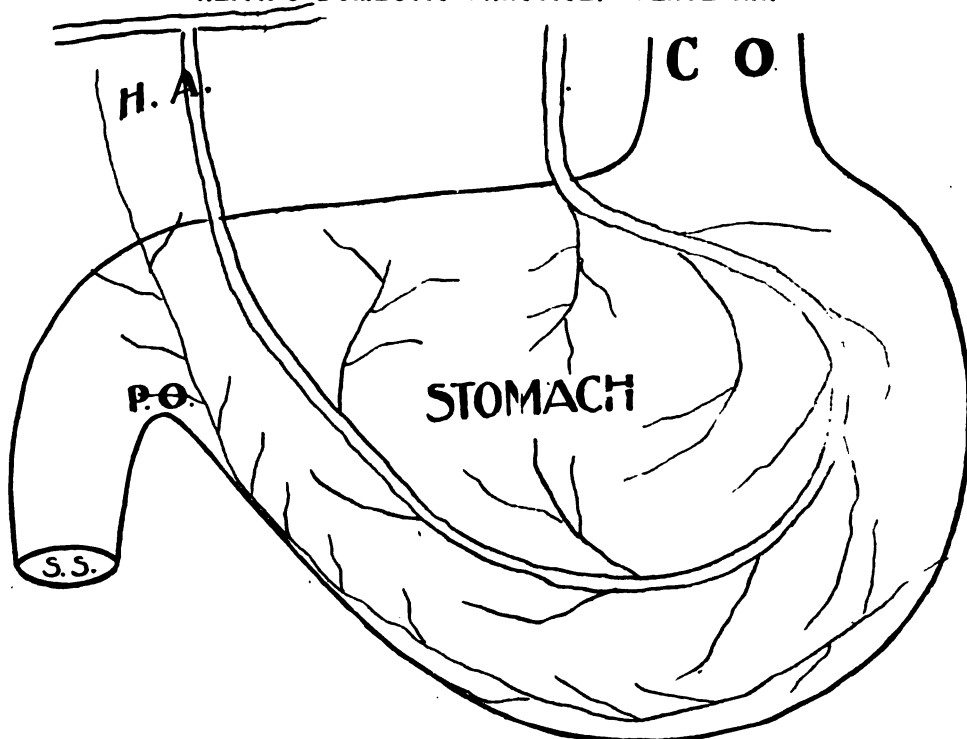
In this condition, the walls of the arteries will be stretched by the volume of blood, which is passing through the artery.

Consider now, that no gastric juice is secreted during the time the stomach is empty.

Gastric juice is secreted when food is placed in the stomach.

Then we have a certainty that the gastric juice comes directly from the blood.

Does the gland go up into the artery and select, secrete, drag out and capture this gastric juice? *No*, the corpuscles pass through the arteries around the stomach and eject or deposit, cast off, or send out the refuse of their system and it is gastric juice.



### The Stomach and the Arteries Around it.

C. O. Cardiac Orifice.

P. O. Pylorus.

S. S. Second Stomach, or, Duodenum.

H. A. Hepatic Artery.

There is a very wise provision made for these arteries to remain—almost without any blood, when the stomach is empty. When the stomach is filled, the arteries are filled—and the more the stomach is dilated, the more capacity have these arteries to hold blood and to pass the blood around the stomach. When the arteries are filled, these blood corpuscles empty, deposit, throw off or excrete their waste materials into the inside part of the stomach, *through the apertures of the Gastric Follicles and Peptic Glands*.

When a proper, physiological EMETIC is given, we allow all the volume of blood to cleanse itself, by emptying its refuse into the stomach and this refuse is ejected from the body.

The "regular" doctors assert that the gastric follicles "*secrete*" gastric juice. This is an error. The gastric follicles and peptic glands are *apertures* into which the corpuscles empty their wastes and effete materials.

This was exemplified when President McKinley was doing well *without Food*. The Allos Pathos regular gave him *coffee, cream and sugar with toast*.

*He should not have had any Solid Food for twenty eight days*, until the walls of the stomach had been knit together.

In the condition of healing, the "regular doctors" allowed the stomach to be dilated with food—and thus they started the circulation on the *outside of the stomach*—allowed the corpuscles to commence to deposit their excrementitious materials *into* the stomach. Coffee being an irritating poison to the nerves,—cream and sugar fermenting when in contact with the gastric juice, *dissolved nature's new plastic healing material, and the wounds were opened afresh*. The *Vital Force* was discouraged and left the body.

The Allos Pathos regular doctor can always be relied upon to commit some foolishness in any stage of any disease or wound, because they do not understand the philosophy or the physiology of their own Text Books.



to lie at every turn if he can further the blindness of the people and keep them in ignorance. This dictionary reads that "Dr. Samuel Thomson of Massachusetts."

When, as a matter of fact, Thomson was from New Hampshire.

Thomson steamed the body to get up outward heat. He gave stimulants to produce heat on the inside. Gave emetics and injections to cleanse the entire body, Yet this liar Gould says in his 1900 Dictionary that "sweating, lobelia and capsicum were the principle curative agents relied upon in this school."

Ignorance in such a matter of history might be excused. But when a man pretends to know and publishes as fact what is directly contrary to fact, we must place him somewhere. In this case the compiler may be placed in the rank of Ananias and Sapphira.

Eliminating the effete materials from the body by means of Emetics, is, as we have shown of more than two thousand years duration. We think of a certainty, we might say twenty four hundred years old.

And, we venture to assert that up to this date July 1901, there has never been given any reasonable explanation of what an emetic really is. We assert that up to date, the allopathic nor homoeopathics have never been able to give any explanation of an emetic. We are sure like all of their boasting, that they do not know their own text books.

Giving an emetic, in the allos pathos method, we should give Tartrate of Antimony, or give an emetic of mustard.

Both of these agents being irritating would set the Vital Force against their presence and the Vital Force would contract the stomach, with perhaps the muscles of the abdomen and the stuff would come up.

Our readers can find these methods taught in the allopathic text books.

While this is a method, it does not relieve the stomach only of the burden that may be there at the time. Such emetics only serve to take out or, to have thrown out, what may be in the stomach at the present time.

An emetic, to cleanse the body and to eliminate all the worn out materials in the body should reach deeper than this and should take out what is in the body as well. No one has ever explained this until Protoplasmmy was discovered.

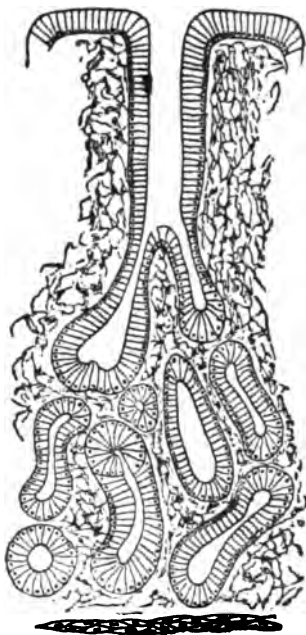
By taking the laws of protoplasmmy into account, we find the life dwells in the corpuscles and the corpuscles do all the work in the body, under the dominion and governing of the Vital Force. Cor-

Fig. 27.



PEPTIC GASTRIC GLAND.

Fig. 28.



PYLORIC GLAND.

The above cut represents what are called PEPTIC and PYLORIC glands.

To the best of our knowledge (for we have taken these from one of the Medical text books) these glands are apertures for something to pass through. Doors as it were, for the corpuscles to send down any excrementitious material. After we have the scheme of the stomach, with its arteries out side, we shall find that these glands are convenient tubes for gastric juice to come through. When the corpuscle has too much of old stuff, it dumps it into the stomach.

If we desire to get the proof of this stomach being one of the dumping grounds of the corpuscles, take a case of Erysipelas and give it an emetic. See the material that will come up in the emetic. Then see the improvement of the skin and the rapid vanishing of the case of erysipelas.

Protoplasmy explains the operation of the human body, as well as the operations of every act in any organic structure on earth.

puscles go every where, although there is said not to be any circulation in the teeth or in the bony structure.

Something circulates there and if it is not the corpuscle, it may be something that will make or become a corpuscle if it is allowed time enough.

Something carried the particles of bone there and built up the teeth.

We think there is knowledge everywhere in the human body while it is alive and under the influence of the Vital Force.

We have evidence enough to prove that wherever the red blood corpuscles go, there is life and there is Vital Force.

In all the circulation, there is a definite aim to make the body better and have it completely well, if we will give it the chance and opportunity to remain well. Whatever is done in the body, we find, if it is accomplished by the Vital Force, it is done for the very best under the circumstances. What ever does not appear to be done well, is because of the material furnished to the V. F. has not good control.

A man may get drunk. The V. F. does the best it can under the circumstances, but as the soul of man no longer rules the body, we find that the man is down in the ditch or had better be there sleeping off his drinks than in acting as he does. The V. F. has nothing to do with the drunkenness, but it still stays in and takes care of the man's body as long as it can and when the alcohol becomes too much, then the V. F. leaves the body. And goes back where it came from. Goes back to God who gave it.

When we examine the human body, we find the corpuscle eats, drinks and must of course have materials in its little body that it desires to get rid of.

Consequently, we find openings in every part of the body where this corpuscle can dump its excesses. Where this corpuscle can pass out of its body, what is too much in the body of the corpuscle. Pass out its worn out particles.

Around the stomach are arteries. These arteries come from what is called the Celiac axis. What are known as these three arteries coming from this Celiac axis, which is a small projecting part of an artery coming from the heart, are the Hepatic artery; Splenic artery and the Gastric artery.

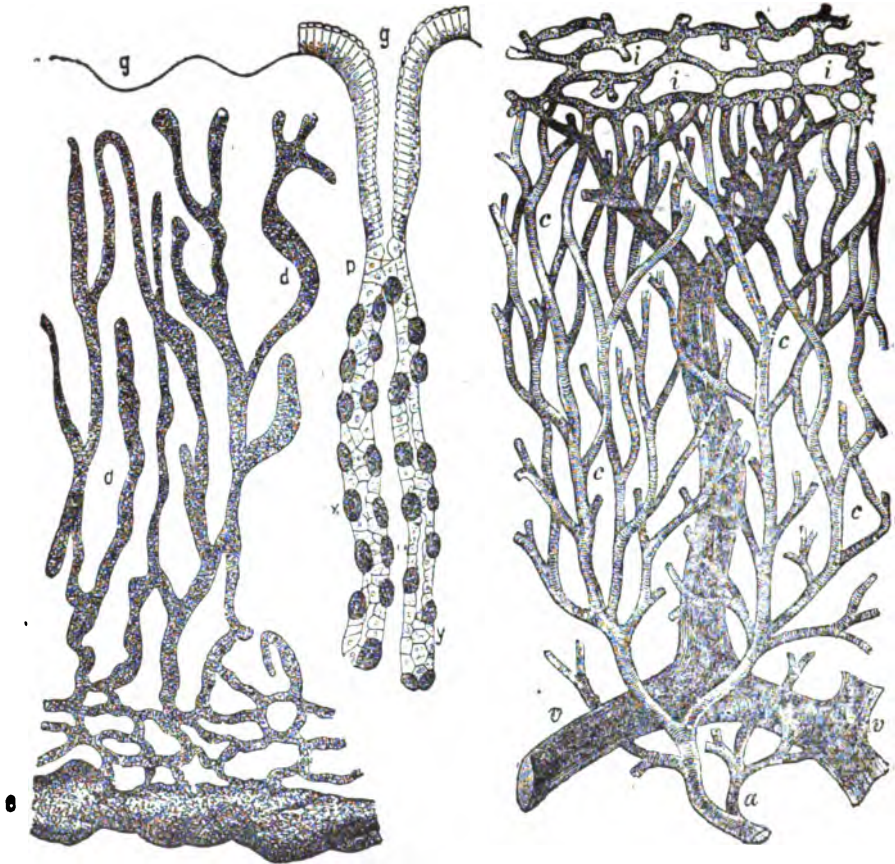
Anatomical arrangements will not be described here but any one can see them by going to any anatomy.

All these arteries are joined together. Anatomists call it "Anastomosis" because they join one another.

Arteries running round the stomach are for something. They are



Figure 29.



Vertical section of the gastric mucous membrane. *g, g.* pits on the surface. *p.* neck of a fundus gland opening into a duct. *p., c.,* parietal, and *y.* chief cells. *a., v., c.,* artery, vein, capillaries. *d., d.,* lymphatics emptying into a large trunk; *v.*

[From Landois and Sterling.]

By examination of this vertical section of the gastric mucous membrane, we find that any liquid passed from the outside to the inside of the stomach, will have no difficulty in passing through. All of the so called "glands" are really apertures, through which the corpuscles can and do excrete or send out whatever material may desire to send out from their little bodies.

Consider these delicate structures and then ask yourself what system of reasoning a human being must have, when he places mercury, strychnine and snake poison in contact with this stomach, with any expectation that the mercury, strychnine or snake poison could accomplish any beneficial result. Any one can see that these drugs can do nothing but damage to these tissues.

The so-called "regular" poison dosing school does not understand its own text books.

There is nothing like an emetic to cleanse off these various structures of the stomach and its surroundings. But not alone is the stomach cleansed, but every structure in the body, because in cleansing the corpuscles, we clean the entire body.

tubes for the blood to run through. And the blood runs through them.

When the blood gets outside of the stomach, if the stomach is dilated or stretched open, there is a free set of spaces into the stomach from these arteries surrounding the stomach, into the stomach.

At this place the allopathic will raise his eyes and howl. **GASTRIC JUICE.**

Once on a time some Canadian got shot in the stomach and a doctor named Beaumont, took all sorts of things into his stomach to learn about this gastric juice. And he spread all he knew to the world. Ever since the doctors have agreed that what is known of "gastric juice" is what was learned from this unfortunate Canadian, Alexis St. Martin.

Gastric juice is all right.

Where does it come from?

When we go to their books, we find that what are called gastric follicles and peptic glands "*secrete this juice.*"

How do these glands secrete this juice?

And it is a standing joke among these medical students to know why the stomach does not digest itself. They never can tell. Unless they have some new method lately found out.

Gastric follicles "*secrete*" this juice. Do they?

When a man goes through a door, does the door secrete him?

If one goes to the closet, does the closet secrete anything?

When we ask questions as these are, the regular is dumb. Not that he is a dumb dog, because a dog has no pretense. The regular pretends. But he is dumb because he is ignorant and he is ignorant because he will not think what he is about. All his time is spent, not in learning anything of value, but is passed in trying to see how much he can do to keep the common herd in ignorance of how to take care of their bodies. So he shouts "*secrete.*" And this is all he knows about the way gastric juice comes into the stomach.

If we ask the system of Protoplasm, we at once have the answer that when the red corpuscles come to the outside of the stomach and find the artery stretched open and find these gastric follicles open and finds a straight pathway down into the stomach through the peptic glands, then this red blood corpuscle dumps something into this aperture in the artery surrounding the stomach, and from this aperture, this something (which we may as well call "REFUSE" as anything from the body of this corpuscle) and then this something is sent directly into the stomach.

It was in the blood stream before it went through the artery surrounding the stomach, but, when it was in the artery and saw there was an opportunity of sending this mass which it did not want, into the general set of apertures in this artery, and from thence it would pass through the gastric follicle up through the peptic gland into the stomach, this corpuscle acted and away went its refuse into the stomach.

Here we have gastric juice. Refuse from the blood corpuscles.

Without any argument as to why we should not eat and have this refuse out with the food (which we really should, if we are in a state of health,) we will say right here that there is not any other way or method by which there can be such immediate changing of the conditions of the body as by means of an emetic.

If we place teas or gruel into the stomach and dilate the stomach so that these arteries are well stretched open it will be seen that we can have all the refuse that is in the corpuscles, dumped or thrown into the stomach, and when it is thrown into the stomach, and the stomach is able to expel it or eject it by contraction, we have the most rapid mode of getting rid of all kinds of materials that may be offensive to the entire body.

And we find it is so. By giving an emetic and following it up until we have the blood in good condition, we can take almost any case and change the conditions until we have a cleansed body. It is not pleasant; we know that it is not. Many things we have to do on this earth are not pleasant. This is one of them. But in cases of cancer, paralysis, all forms of scrofula and all kinds of conditions where we need to change the conditions rapidly, we will find that there is no one method by which we can do so much in so short a time as by means of the emetics.

In cases of Erysipelas, where the blood has been vitiated by many kinds of food and where we have this refuse in the body and there is no way for the V. F. to get this old material out of the body, there is nothing that will so soon eliminate the old material out from the system as an emetic.

Fill the stomach full of teas, or gruel, or of warm water, or anything except the agents that are poison and we will have a most thorough cleansing of the stomach at the first and then, by cleansing these corpuscles, or, by allowing these corpuscles to have a chance to clean their little bodies, we have the entire system soon changed for the better.

Many ways have been suggested as to how to make this emetic.

Thomson gave his teas to warm the system and then the Lobelia as a relaxant. A most thorough emesis followed.

But, there are many other ways of giving this emetic and in some of the cases where we have chronic or old disease, we can use abundance of relaxants. In others, we must have stimulation and plenty of warm tea to fill out the stomach and we can have the emetic without having any Lobelia or relaxant whatever.

Boneset, Canada Snake Root, Pennyroyal, Spearmint and many other agents make elegant and efficient infusions to dilate, cleanse and wash out the stomach and its appendages.

The idea should be to dilate the stomach with mild, warm infusions and allow the old material to be sent inside.

Figure 30.

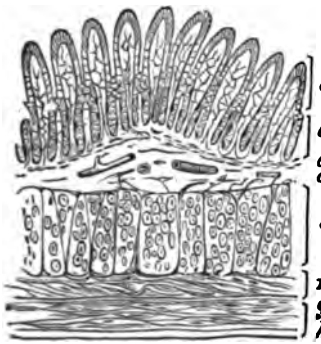


DIAGRAM OF WALL OF STOMACH.

From Yeo's Physiology.

This cut shows the comparative thickness of the stomach.

a. b. c. Mucous Membrane.

e. oblique and f the longitudinal muscle fibre.

g. outside covering of the stomach.

The arteries run over this outside of the stomach.

In changing conditions, when we trust to drugs and poisons, it is but a very short time before the inside lining of the stomach is destroyed. All agents that produce chemical action as lead, iron, steel, mercury, copper, cresote, soon destroy the lining of the stomach,

Then we have to give the vital force a chance to build up these structures again, or we shall suffer.

The V. F. wants a rest. Allopathy—regular, says give something to relieve the pain—stop the message. Opium and cocain will stop the pain.

Ten per cent of the regular doctors are victims to the cocain habit.

Figure 31.



Represents Mucous Membrane from upper part of jejunum.

1. Villi, resembling connivent valves in miniature.

2. Enteric glands.

3. Orifices which pass into the wall of the intestine.

4. Fibro-connective tissue of the Mucosa.

All these structures need food. Nourishment, drink

or liquids so as to allow the corpuscles to be able to cleanse themselves. Material is demanded to allow the V. F. to build these structures in the best condition. Hard water, minerals and drugs cannot assist them. Foods and drinks are needed. Consider the stupendous folly of placing potash in any form in contact with these structures. Ask yourself if arsenic, strychnine and Calomel can benefit them.

The Emetic properly given, not only cleanses off these structures, but allows the effete materials in the blood, to pass through these orifices and get out of the body.

One cannot be surprised at the amount of sickness and rapid deaths, after one reflects on the dosing, drugging, wrong foods, baking powders, hard water and impure habits of the present day. They die before their time because they have broken the Law.

One of the simplest and easiest modes of giving an emetic is as follows:

1. Take of catnep herb one ounce, place in pitcher and turn on one pint of boiling water. Call this number one.

2. Of raspberry leaves, take an ounce. Turn on a pint of boiling water. Let this be number two.

3. Composition  $\frac{1}{2}$  ounce. Turn on one pint of boiling water.

One fourth ounce of lobelia herb in a vessel and turn on a pint of boiling water.

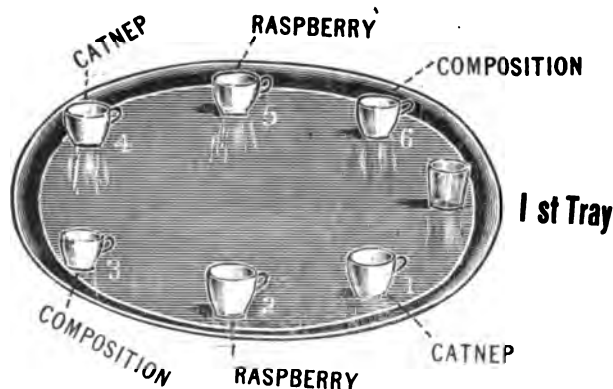
Steep, covered, these herbs twenty minutes stirring occasionally.

There will be four teas. Turn out and strain about one third of a cup and fill it with warm water.

A good method is to have a tray and make six cups of tea. Turn each cup, (leaving the settlings) into a glass.

Thus:—

Fig. 32.

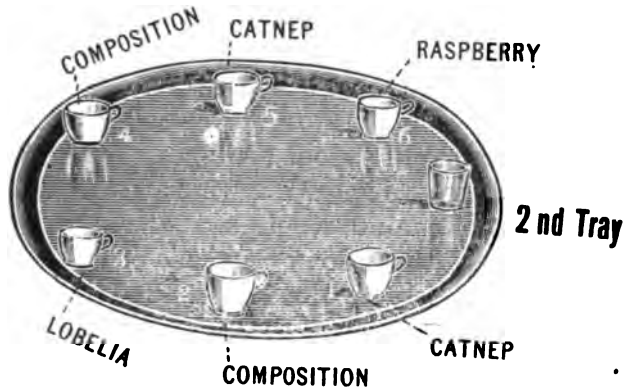


Representation of the simple form of an emetic. THE FIRST TRAY. Cups marked and numbered.

Drink this moderately fast—say allowing a minute or a half a minute, to pass between the drinking of the cups. Make them of the correct temperature by adding cold water to each cup. It is better, after the cups have settled, to turn into the glass, and tempering the drink in the glass, with warm or cold water. This gets one clear of everything but the clear tea.

This emetic is always safe to give except in cases when the patient has been taking medicine from the doctor, or dosing with patent medicines. In such cases, give a mild stimulant for a few days and use injections to the bowels.

Fig. 33.



Arrangement of cups on the second tray. All following trays are like the second tray. Strength of the teas can be adjusted by the taste.

Lobelia is placed at the ninth cup. The next cup of composition will most likely, produce vomiting.

Commence on the tray, as before vomiting and have each tray provided with lobelia as on the second tray. Keep the teas warm.

This method is easy and the dilation of the stomach will be continued until the party has vomited thoroughly two or three times.

While administering the emetic, should the patient become cold, the Lobelia may be omitted and more composition be given. And, if the patient is nauseated and cannot vomit good, give a cup of warm catnep, or catnep and composition and wait for results. In many cases, where there has been constipation or where the headaches, it shows that there is an obstruction in some other part of the body. Have the patient take a large catnep injection and thoroughly cleanse the lower bowels, before proceeding with the emetic. Often times, the injection will produce vomiting.

In all these methods of changing conditions, we have endeavored to show the most rapid way to complete health. Cleanse the body. Remove the old material that is clogging up some artery, vein, nerve or interfering with some organ. If the bowels are loaded up, use the injection. If the skin is clogged, wash it.

If everything seems tightened up, pack the part.

And finally, if the entire volume of blood has more burdens than it can carry, give an emetic.

# CONSTITUTIONAL DISEASES.

## FEVER.

In the following article, we will endeavor to show the reasons why fevers are not better understood. We will quote extensively from different authors, of all schools, to show that their ideas and the facts of truth, are not alike. If, in this study, which is of the utmost importance in our mind, we present the facts by which the reader can at once see what to do in any case of Fever, and how to treat it successfully, then we will have fulfilled our aim in all the quotations and the long argument that we shall place before our readers.

If, in this article, we do not show that the dominant school of medicine has been lost for many centuries, then we have failed in our conception of the subject.

If the books which are published in the interest of certain schools of medicine were right, or, even half right, then there never could be any need to write another line.

But it is the errors which are in the books and which are daily taught in the schools, which make it necessary for some one to expose the falseness of their ideas, and explain their dark sentences, so as to have an understanding of what the books really mean when they are written.

To teach the truth about all forms of fever, is the prime object of this article.

To show the errors of the common and accepted teachings of the so-called regular school, we shall introduce writings from their recognized text books. It will take some time to do this, but it will repay the study of the reader.

And finally to give some ideas which will show any one, not the doctor alone but absolutely *any one*, who has love, faith and desire to do right, how to care for this fevered patient especially the one with typhoid fever, is the result which we aim to accomplish in this article.

It will seem, possibly, to some of our readers, as if we had certainly been over this ground many times; (so we have;) and that there could not be any need of going over it again. But we are assured that it is only "line on line and precept on precept" that any truth gets into the brain so as to stay there with good results.

Besides this, there are some who have seen the ideas of fever which have been put forth from time to time, and these ideas have not impressed them with their true importance.

'We shall take some examples and try to hold them up so as to present a truthful view of the condition of the men's minds who write the articles which are accepted as truth all over the world and to show their errors in regard to fever.

We shall endeavor to place this in such language as shall show the meaning of what we wish to convey.

If we fail it will be our fault in being ignorant as to the necessities of the reader. But we shall not fail with any lack of doing and saying what we consider to be the truth and the whole truth and every particle of truth as we understand it.

Our first proposition is this:

That all the schools have and are continually teaching erroneous ideas concerning every kind of fever.

The common teaching has been, that typhoid fever is, or may be contagious.

We assert that under no condition, can fever of any kind ever become contagious.

Why?

Because, all fevers are acts of the vital force and there could not be any contagiousness in what is the effort or the act of the vital force of a body.

Vital force is not contagious to the detriment of any organized being. It is special and inherent. It cannot be contagious.

And to show the prevalence of this error, to illustrate the point, we will quote from Pepper's system of medicine, which at this date is the recognized authority of the old or the regular school of medicine. "Page 246 Volume one, article Typhoid Fever."

The relation which temperature and moisture bear to the causation of typhoid fever is therefore not definitely ascertained. It is certain, however, that the largest number of cases does not occur at the period of the greatest heat, but is usually not observed until from six weeks to two months afterward, and the minimum is not reached until about the same length of time after that of the most intense cold. This difference in time Murchison explains by the hypothesis that the cause of the disease is exaggerated or only called into action by the protracted heat of summer and autumn, and that it requires the protracted cold of winter and spring to impair its activity or to destroy it. On the other hand, Liebermeister, who believes that the breeding-places of typhoid fever lie deep in the earth, holds that the time is consumed in the penetration of the changes of temperature to the place where the typhoid poison is elaborated, in the development of the poison without the human body, and in the period of incubation. In some places the maximum of the disease is observed earlier in the year than in others. In Berlin, for instance, the largest number of fatal cases occur in October, while in Munich it does not occur until February. This depends, he thinks, upon the difference in the distance beneath the earth's surface of these breeding-places in different localities, and the deeper they are the longer, he says, will it be before they are affected by the heat of summer or the cold of the inclement, freezing winter, since the changes of the temperature of the air are followed by corresponding changes in the temperature of the earth more and more slowly the deeper we go beneath the surface.



Bulh and Pettenkofer have, as the result of a series of observations carried on in Munich over a number of years, reached the conclusion that an intimate relation exists between the variations in the degree of prevalence of typhoid fever and the rise and fall of water in the soil. When the springs were low they found that there was a marked increase in the number of cases; when on the other hand, they were high, there was just as decided a diminution. Out of this fact they have envolved the theory that the cause of typhoid fever lies deep in the soil, and has the power of multiplying itself there, and that this property is very much increased when the water level sinks, and the upper layers of the earth are consequently exposed to the air. It is, on the contrary, diminished when the water-level rises and the earth is again saturated with moisture.

In this article, we find that these authorities have all thought that the fever, or as they call it "the disease," come from some place. Or from something in the place.

This is an error.

This error is one, which in the minds of the simple has sent many people into the grave yard.

It is impossible to have "breeding places" or any other gathering of typhoid fever because all this fever is caused by the vital force and this vital force causes the fever.

Observe carefully—We are not denying the provoking cause may exist in these localities; but the true cause of fever is the vital force.

This can be readily seen when we consider—

A—that in a dead body there could not be any fever.

B—that in the live body there never is any fever if the patient or the person does not have, within their own body germs of some kind; or some potent obstruction which should not be in the body and—

C—that this form of fever is really and wholly an effort to carry off some of those obstructions which are in the body and which the vital force desires to expel from the body.

These obstructions may be ready to go into the body from these differing places of poison material, but when they are in the body, they are not the fever; they are obstructions.

The fever is an effort of the vital force to get these poisons, which are obstructions, out from the body.

This should show at once that "the theory that the typhoid fever lies deep in the soil, and has the power of multiplying itself there, and this power is very much increased when the water level sinks, and the upper layers of the earth are consequently exposed to the air," is all wholly and totally false. No need to spend a moment on this theory.

The CAUSE of typhoid fever and the cause of every fever which

ever is in the body is the vital force is endeavoring to remove and to carry away some obstructions from the body.

The obstructions are not the fever.

The fever is never in a dead body.

The fever can not be in the ground and come out like an animal and go into the human body.

These are Chaldean, Egyptian and allopathic ideas and every idea which is allopathic is wrong, every one.

Why? Because they do not commence to think from the bottom fact of there being a vital force in the body. They deny this fact.

As this denial of vital force is in many of the text books of the allopathic colleges and as these ideas and these teachings are in all the schools we will take a few more lines from them to show their continued errors.

The contagiousness of typhoid fever is thus discussed in the same work, page 248.

Exciting causes.—Much diversity of opinion has existed in times past and to a certain extent continues to exist, in regard to the contagiousness of typhoid fever. In the early part of this century there was quite a number of good observers, including Nathan Smith in this country, and Bretonneau and Gendron of Chateau du Loir in France, who held the opinion it was an eminently contagious disease. Indeed, Smith went so far as to say that its contagiousness was as fully demonstrated as that of measles, smallpox, or any other disease universally admitted to be contagious. This was also the opinion of William Budd, who maintained that the contagious nature of typhoid fever was the master truth in its history. The late Sir Thomas Watson was also a warm supporter of the same view. At the present time, however, the large majority of physicians, whose opportunities for observation give weight to their opinions, do not regard the disease as contagious in the strict sense of the word.

During the past twenty-four years I have been almost uninterruptedly connected with large general hospitals, and during that time have had a large number of cases of typhoid fever under my care, and a still larger number more or less under my observation. During all this time I have never known but one case to originate within a hospital, and one that occurred in a servant whose duties did not bring her in immediate contact with the sick. Murchison's experience with a much larger number of cases has been very similar. In twenty-three years, in which 5888 cases were treated in the London Fever Hospital, only 17 residents contracted the disease, and most of these had no personal contact with the sick. Liebermeister asserts that he has never known a case to originate in a hospital from direct contagion. When such cases appeared to have occurred, they could generally be traced, he says, to some defective sanitary condition of the hospital.

Here the author tries to convey the idea and really does convey this idea in case he conveys anything, that the fever is something which can or it cannot be "conveyed."

It is impossible to "convey," this fever as each fever is the result of the individual vital force in every case and hence we see that is the individual obstruction in each case which brings about the individual fever in each case.

It could not be conveyed.

But what might be conveyed?

This is a pertinent and sensible question.

The poison germs of drinking water and the poisons which are in the system can and are conveyed and these poisonous germs from the water and food are or may be the provoking cause in the system of a set of symptoms which are named typhoid fever.

But, we assert that the fever itself is wholly an effort of vital force, and has nothing to do with the provoking cause, only in the effort to carry this provoking cause out of the body.

These provoking causes of the effort being made, might be from any number of different sources.

But while this is true about the provoking causes, it can never be true that there is more than one cause of fever and this cause is the vital force which exists in the body.

The vital force is the cause of the fever. Always and forever.

The fever is an effort of the vital force in the living body.

When there is no vital force there is no fever. When there is no obstruction there is no fever.

The less vital force, the lower the grade of fever. The more and greater the vital force, the more raging is the fever. Provided the obstruction is the same. The more universal the obstruction, the more universal is the fever.

We desire to call attention to another of the erroneous views as expressed by the leaders of the allopathic school and while we do this, we do not have any idea of harsh criticism, but with the hope that the reader will see the truth.

We are not wholly quoting to show what these doctors think, so much as to have our readers familiar with their thoughts and to see the errors of their way of thinking.

This mode of thinking blinds the eyes from the actual facts from being plain and prevents them from thinking out the method of treatment.

They think wrong and their modes of treatment are all and wholly wrong.

Read this over very carefully, and we will show the wrong ideas when we are through with their statements.

There are nevertheless, many facts on record which, unless duly weighed, appear to lend a good deal of support to the theory of the contagiousness of typhoid fever. Among the most important of these are (1) the occurrence in rapid succession of several cases in the same house, and (2) the limited epidemics which occasionally follow the arrival of an infected person into a previously healthy locality. These facts are, however, susceptible of an entirely different explanation.

1. In those instances in which several cases of the disease have occurred in the same house, it not infrequently happens that some defect in its sanitary conditions is detected, or that the drinking-water is found to be impure. The same cause which produced those which succeed it. Indeed, the interval between the cases is sometimes so short

that for this reason alone, if there were no other, they could scarcely be attributed to contagion. It not infrequently happens that the seizure of one member of a large family is followed on the next day by that of another. Now, while it is undoubtedly true that the period of incubation has appeared in some cases to be very short, we know that under ordinary circumstances it is usually about two weeks.

2. The explanation of the second fact is not more difficult, but in order that it may be clear to the reader it will be well to give in detail a few of the instances on record in which the arrival of an individual sick with the typhoid fever in a previously healthy locality has been followed by an outbreak of the disease. Nathan Smith refers to two cases of this character. In both of these the disease appeared to be communicated to several individuals by patients who had contracted the disease elsewhere.

So little is said in the reports of these cases of the water supply of the localities in which they occurred, or in the manner of disposing of the discharges of the patients, that would scarcely now be used as arguments in favor of the contagiousness of the disease. The reports of a local epidemic by Austin Flint Sr., is more satisfactory in this respect, and is as follows: A stranger was detained in a small village near Buffalo by an illness which proved fatal in the course of a few days, and which was recognized as typhoid fever by his attending physicians. Up to this time, it is stated, that typhoid fever had never been known in the neighborhood. In the course of a month more than one-half of the population, numbering forty-three, was attacked of the disease and ten had died. The family of the tavern keeper at whose house the stranger lodged was the first to suffer, and, of the families immediately surrounding the tavern but one wholly escaped, that of a man named Stearns. Upon investigation, it was ascertained that this family alone, of all these families, did not use the well belonging to the tavern, but had his own water supply. The occurrence of the disease naturally produced great excitement, and Stearns, between whom and the tavern-keeper a quarrel existed, was suspected of having poisoned the well; but an examination of the water showed this suspicion to be unfounded. There can, however, be little doubt that the water of the well, which was in all probability contaminated by the discharges of the stranger, was the means of propagating the disease; for although it is said that the family of Stearns was cut off by the quarrel from all intercourse with that of the tavern-keeper—a fact upon which some stress is laid by Flint—it does not appear that a similar isolation existed as regards the other families affected.

The manner in which the arrival of a sick person may cause the dissemination of the disease in a previously healthy community is even better shown by the histories of local outbreaks:

"The water supply pipes of the town of Over Darwen were leaky, and the soil through which they passed was soaked at one spot by the sewage of a particular house. No harm resulted till a young lady suffering from typhoid fever was brought to his house from a distant place. Within three weeks of her arrival the disease broke out and 1500 persons were attacked. At Nunney a number of houses received their water-supply from a foul brook contaminated by the leakage of a cesspool of one of the houses, but no fever showed itself till a man ill with typhoid came from a distance to this house. In about fourteen days an outbreak of fever took place in all the houses."

There many other observations which seem to render it certain that the alvine dejections are a most important medium by which typhoid fever is communicated to others; and yet there is no evidence that they possess this power in a fresh condition. They have been repeatedly examined, and even handled, with impunity, and, as has already been stated, it is rare for the disease to be imparted to the immediate attendants upon the sick, or in a well-ventilated hospital to the other patients in the same ward, provided that the discharges are disinfected and removed immediately after being passed and the bed-linen and the clothes of the patient changed whenever they are soiled. The feces must therefore undergo some changes before they become possessed of virulent properties. This appears to be shown conclusively by the following facts: (1) laundresses who wash the soiled clothes of typhoid fever patients not infre-

quently contract the disease; (2) the occupants of houses connected by ill-trapped drains with sewers into which the discharges of such patients have found their way often suffer from the disease; and (3) the use of water polluted by such discharges is, as has already been shown, almost certain to induce the disease in persons not protected by a previous attack.

Here is a long statement of facts, no one of which will be denied as they are facts as they are reported to have occurred.

But note first.

The author is trying to harmonize all conflicting assertions about the contagiousness of this typhoid fever when he shows his idea to be that there is no contagiousness.

Second, he brings all the arguments which can be readily quoted by the advocates of contagion, and then states his opinion as the condition of the sanitary surroundings.

He then quotes three cases in which the water supply is bad and still lays the existence of typhoid on some one bringing it to the place before there was any outbreak.

Read this over carefully.

"The water-supply pipes of the town of Over-Darwen were leaky and the soil through which they passed was soaked at one spot by sewage of one particular house. NO HARM RESULTED till a young lady suffering from typhoid fever was brought from a distant place.

Here is one of the key-notes of their errors at this place.

So long as they did not have the fever, that is, so long as there was no outbreak of this particular fever this author asserts that NO HARM resulted. This was an error. In short it was a lie.

A fool lie which, as we have quoted the whole article as you will see, is not qualified by any subsequent explanation.

The reader will see that we are fully justified in calling this a fool lie, if he will take the trouble to consider—

First:—That it would be simply impossible for any set of people on this earth to have drank that filthy and polluted water, soaked by the "sewage from a particular house" and have "NO HARM RESULTED."

This must have been a very stupid writer who would say such folly when it can easily be seen that, although there might not have been any special outbreak of fever, yet it must be true that harm did result from the drinking of this impure water impregnated by the "sewage from a particular house."

Second:—Because they did not see the conditions of the body which they called "fever" or its symptoms, they assumed that there was no one suffering from the consequences of the drinking of this impure water.



### **Dangerous Filling in Teeth.**

By examination of the above cut, one can see the harmonious relation between the tongue, the eyes, the ears, the teeth and the brain. And this plate makes it easy to understand how it is that an amalgam filling in the tooth, of mercury, tin, copper or whatever metal may be placed in contact with the mercury, and then having acid in the mouth, will form a battery, affecting the entire brain, eyes and ears.

Notwithstanding, we make these assertions and explain, we are sure that none but the wise shall understand.

At the letter M will be seen the submaxillary gland.

In 1890, having suffered eleven years previously with what the doctors called a cancer, we told a professor in a medical college the effect of his red rubber plate, which was twenty-four parts of mercury or quick silver, thirty-six parts of sulphur and forty parts of rubber. But this professor, from some cause, placed his rubber plate in his mouth with the remark that, "if other people could wear them, he could."

In about a year after that, as we have related, this submaxillary gland was filled, sore and tender. His remark had paralyzed us; had shut us up. We were dumb, because, trying to do good and being rebuffed in the presence of medical students, we not only felt hurt mentally, but we had a feeling of injured self consciousness, which kept us from saying any more. We waited. In three years this professor sent out an agonizing appeal for help through the monthly journal published at Indianapolis. We offered then everything we knew, but it was too late. The man died almost in the prime of life with a cancer of the jaw, or throat. The gland was filled with poisoned matter from the red rubber plates.

How easy it would have been for him to have examined into the falsity or truthfulness of the remarks of this author, instead of blind and sneeringly passing it aside.

The result of his wearing his red rubber plate was the making a battery over his head, and then the dead materials settled as one can easily see at the lowest part of the jaw. M. It settled at this gland. His wise brother professors cut this gland out and then it would not heal up. A short time elapsed and this bright man, honest citizen, brave soldier with the best mind for the therapeutic properties of the plants in America, died a victim to the red rubber plate.

With knowledge before him he turned away from the knowledge and was cut off in the midst of his usefulness.

Let every reader of this book study this plate, note the circulation and keep clear of amalgam fillings and red rubber plates.



How very foolish such a supposition must be, when we consider that any article which is drank, sooner or later, changes the entire volume of the blood corpuscles and they are not the same after the water has been taken into the stomach.

More than this, we know very well that there is really nothing which can go into the stomach without changing the condition of that organ.

What a great mistake it is to surmise, much less to assert, as the author of this article asserts, that "no harm resulted" from the drinking of this water just because there was no visible outbreak of typhoid fever.

Such folly is always the fate of those who are trying to think on the old negro lines of thought.

Those who copy and follow Nimrod of Babylon.

Why not have stated the truth, that such water must have had some effect, although what the effect might be, could not be known. Then we should not have had an opportunity to assert, with evidence to bear out our assertion, that the "System of Medicine" which costs thirty dollars a set and is edited by one of the head ducks and the high priest of allopathy, namely—Pepper, M. D. and all the rest of it—is a bunch of lies equal to the childish lies of the Babylonish believers in spooks.

How was it that some harm must result? We think this would have been a pertinent question.

It should be answered by saying that everything which is taken into the stomach goes either one way or another into the general system.

These "sewage" atoms went into the body, through the lacteals or through the absorbents and then and there, they failed to be of sufficient nourishment to the blood corpuscles which supply the body with nutriment. They killed, instead of nourishing the corpuscles.

When these blood corpuscles or atoms, are not supplied with nutriment they become weak and are unfitted to do the work which they could do and would do, if they were properly nourished.

These corpuscles, when they were weak, were easily killed by them they would die and when these weakened corpuscles were chilled and killed, then they would still stay in the body and wherever they would be sent, they would pile themselves up.

Then, where they were piled up and in a bunch there would be a case of rheumatism—or possibly, if they went into the glandular system, there would be a case of so-called "scrofula."



And, if the body was young and growing, and these dead corpuscles went into the neck they might be called a "goitre;" or, if these dead blood corpuscles went into the knee and made the knee cap immovable and painful, then these wise doctors would call it "white swelling of the knee joint."

If the reader can see through the real state of the case, there will be no hesitation in saying that when this author asserted that "no harm resulted" from drinking this "sewage from the particular house" he was a particular fool of the allopathic school and the thirty dollar set of books are no good on earth as regards what we are seeking to know the cause of — "typhoid fever."

What is the meaning of these different forms of disease or these differing conditions from the presence of the filth which is placed in the body?

The meaning is this:—

In one case, there is a strong set of lymphatic glands and the disease (or the filth which has been taken in by drinking foul water) goes somewhere else than to these lymphatic glands.

So in this particular case we do not have a glandular disease.

In another case it might go to the muscles and we would have muscular rheumatism.

In a third case we might have a condition of weak bowels and it could show itself in a form of a Diarrhea.

Where ever might be the weakest spot in the body, or where ever the vital force should send this filth to get it out of the way, would be where we would see the manifestation of the vital force endeavoring to expel the obstructions which were hindering the body from doing its proper work.

All these obstructions as they appear, are given different names when they show the manifestation of the vital force in differing organs.

But they are only the manifestations of the same vital force in the same body as would be shown when there would be a case of what would be called "typhoid fever."

The "fever," the "rheumatism," with its pains and aches; the "goitre" with its slow growth of a gland or a set of glands; the "white swelling of the knee" and a half hundred of other manifestations are all the workings of the same vital force to send forth and to show obstructions lodged in different parts of the body.

These obstructions can arise from filth in food, water or vile habits.

When you see these symptoms, you see a manifestation of the vital

force, and this vital force has a meaning when you see these symptoms.

It means that there is an effort in the body which is trying to remove from that body, some obstructions, and as we have already shown in these pages, the causes of this obstruction or these obstructions may have been different and we will now proceed to give them again in a different manner.

While we acknowledge that drinking water is one of most frequent of sources of contamination of the body, (because the existence of the blood corpuscles are dependant on the presence of water,) yet there are other just as important conditions which precede typhoid fever as those which we have quoted from these eminent allopaths.

What are these obstructions of the body which might be provoking causes of fevers?

The reply to this is as follows.

As long as the blood corpuscles are in good condition and are clean, they go about the body with their habitual temperature and with their customary obedience to the vital force.

As long as the body is clean there is no fever and no extra heat.

There is never any extra beat of the pulse and no dryness of the skin.

But when the blood corpuscles have no opportunity of cleansing all their body, then they will be filled with some material which cannot be thrown off and this causes them to make an extra effort to throw off this material which is desirable to get rid of and then comes the fever and the extra heat.

When these corpuscles become laden with filth, then the capillaries of the skin become clogged and then there is dryness of the skin.

When the skin becomes loaded, then there will be some trouble with the kidneys because they are forced to do an extra amount of work and the head aches and the back aches.

When the intestines are clogged and there are no means given to these laden corpuscles to carry off their amount of filth, then the brain becomes poorly nourished, or, is nourished with these effete and filth laden corpuscles and the thoughts cannot be collected as readily as before and there is some derangement with the circulation in the brain and the person is said to be delirious."

When the effete material which should be passed off through the skin and through the bowels has been clogged up, then the bowels make an extra effort and this effort will be seen in the form of a DIARRHEA.

Then, when these cases have the headache, the backache, the quick pulse, the extra temperature, and diarrhea we shall find the doctor saying he is afraid of having a case of "typhoid fever."

When nature makes the most persistent and a continual effort to rid itself of these materials and sends these worn out and these old materials out and deposits them on the surface and there is the red roseola which is called the "typhoid efflorescence," then the doctors say they are sure of typhoid fever, and proceed to treat it according to their preconceived ideas.

We will give you a case of typical typhoid fever.

It is not a hear say and was not originated in our brain.

It occurred many years ago and while we were studying our first case of typhoid this case had already occurred and was almost forgotten.

A young man was engaged to a girl.

From some cause, which at this date we have forgotten, the girl married another man.

The young man came from the place where he learned this news and seemed as brisk as ever.

No one noticed a perceptible change. He worked in all weathers and did everything with a carelessness of his body which indicated that he had no thought or care for his body.

This was in the early part of the winter and went about and lifted the logs and handled the logging chains without mittens.

He seemed not to feel the cold.

After a few weeks of this careless mode of living he had a low grade of fever and went to bed, sick, as the doctors said; with a "severe typhoid fever."

He was sick some weeks, going from bad to worse and died about the fifth week raving about the perfidy of women.

Here was a case with which there was no "innoculation" of typhoid germs; no incubation; no germs; no impure drinking water.

If any case was purely typhoid, this was one.

So the allopathic doctors asserted.

In this particular case which we have just repeated, there was a total abstinence from any germs of typhoid and no fever ever followed this man's death.

But he was dead all right from the effect—so the doctors said—of typhoid fever.

Why did he die?

Because in his food and in the drink there was a total lack of assimilation of sustenance (from mental disquietude,) and when

his body was filled with these undigested elements, he became sick. Nature or the vital force tried to throw out this material and could not, and he died because these materials were so complete obstructions to the system that the vital force could not throw them out.

There are thousands of the cases which occur every day and it is folly to think there can be some germ which enters the blood of the patient and gives them the disease.

But this is what is believed and here is the way they assert it.

*Cyclopedia of Diseases of Children, Vol. 1, Page 441: "Typhoid Fever—Definition—An acute infectious disease due to a specific cause."*

*Page 445: "It may now be regarded as settled that the cause of Typhoid Fever is a specific organized, pathogenic germ."*

This is the regular allopathic assertion of the dominant school of medicine, and we will say that it is NOT settled, but that the man or woman who thinks or conceives that the cause of the typhoid fever is a "specific organized, pathogenic germ," is either a fool, an ignorant being, or one totally devoid of good sense.

It is one pagan stupid allopathic lie and the sooner we can see through these devilish regular lies the better for the nation.

*Bartholow's Practice of Medicine, Page 795, has this definition.*

Definition.—A continued fever, associated with an eruption on the skin of rose-colored spots, chiefly on the abdomen, appearing generally from the eighth to the twelfth day, occurring in crops, each spot continuing visible about three days. Languor and feebleness are prominent from the first, attended by headache, abdominal pains, and (*early*) by spontaneous diarrhea. With the advance of the disease the diarrhea increases, the discharges being for the most part liquid, copious, of a bright yellow color, devoid of mucus, occasionally containing altered blood.

In reaction the discharges are alkaline, and containing a large proportion of soluble salts and some albumen.

The fever may terminate favorably by a gradual restoration to health during the fourth week.

The average duration of the illness is about twenty-three days.

Death in the majority of fatal cases occurs towards the end of the third week.

There are special symptoms also associated with the characteristic lesion of this form of fever—namely, fulness, resonance, and tenderness of the abdomen; more or less tympanites, with entire effacement of the natural lineaments of the belly; gurgling in the iliac fossæ; and increased splenic dullness.

The specific lesions are enlargement of the mesenteric glands, with deposit in the glands of Peyer and in the minute solitary glands of the small intestine.

*From Aitken's Science of Medicine, Vol. 1, Page 506.*

Definition.—Typhoid fever is an acute febrile affection, self-limited, feebly, if at all contagious, and characterized by a peculiar eruption on the abdomen, by a form of diarrhea, by stupor and low delirium, by thickening and ulceration of Peyer's patches, by infiltration and softening of the associated mesenteric glands, and by swollen spleen.

*The following from "The Practice of Medicine by Charles Hilton Fagge, M. D.," (London,) is the most complete article we have ever seen on Typhoid Fever.*

Within the last few years our knowledge with regard to the etiology of Enteric Fever has made great advances.

We are not, indeed yet acquainted with its actual exciting cause; but many of the chief details as to the way in which it is propagated have been positively determined, certain theories concerning its nature have been no less decisively negatived, and thus we can now limit somewhat narrowly the scope of future researches.

Origin of the Disease.—It has sometimes been said to be an *endemic* malady, but although it may prevail in certain districts rather than others, and may even remain limited to them, there could be no greater mistake than to suppose that its diffusion is, like that of *ague*, independent of the movements of human beings and of their intercourse.

I shall presently adduce numerous instances in which an outbreak has followed the entrance into a place of a patient suffering with this fever, although for months or years there had not been a single case there.

Among the most famous examples of such an occurrence are those recorded by Dr. William Budd, of Bristol, in his well-known paper on the epidemic in and near North Tawton, Devonshire during the autumn of 1839.

Three persons left that village after having taken the fever.

Two of them went to Mochard and gave it, one to his two children and the other to his friend and he again to his two children and to his brother.

The third went to Chaffcombe, seven miles off where ten others were attacked in turn, and two of these carried the disease to fresh places, with the result that several more cases occurred at each of them.

Dr. Budd tells this story as if direct infection from the sick to

the healthy had been insidiously at work, at least in some instances.

Thus the friend of the second patient at Mochard is described as having been called upon to assist in raising the sick man in bed, as having been overpowered by the smell from his body, and as having felt very unwell from that time.

In 1875 Sir William Jenner, in his Presidential Address to the Clinical Society, stated that he had twice known enteric fever contracted by students who diligently took temperatures, before the registering thermometer was in use, so that they many times a day put their heads almost into the beds of patients suffering under the disease.

In 1879 Dr. Collie, of the Homerton Fever Hospital, expressed his belief that certain cases which were among the attendants at that institution were caused by direct infection, emanating either from the freshly-passed evacuations of patients or from their lungs or skins.

But striking as such occurrences naturally appear to the individual observer who watches their progress, there are the strongest possible grounds for rejecting this interpretation of them.

Murchison tells us that during nine years, from 1861 to 1870 cases of enteric fever were treated in the same wards of the London Fever Hospital with various non-specific febrile complaints, to the number of 3555 of the former class, and 5144 of the latter.

The same night chairs were used by both sets of patients, and the employment of disinfectants was unexceptional.

Yet enteric fever was not contracted by one of those who were under treatment for other disease.

In the *British Medical Journal* for 1879, Dr. Shirley Murphy has brought down to 1878 the experience of this hospital in regard to the occurrence of enteric fever among the nurses and other attendants.

During twenty-four years only nineteen persons engaged in the institutions were attacked by it.

"Of these, ten were in no way connected with the enteric fever patients or the enteric fever wards.

Of the other nine, one was a laundry maid whose duties would bring her into contact with the soiled linen of the patients, but who otherwise was not in contact with them.

Of the remaining eight there were special circumstances connected with drainage which would probably account for fever, leaving four for whose attacks there is no explanation given."

In this time 5569 patients with enteric fever passed through the wards.

Is it conceivable that if the disease were directly infectious there would not have been more numerous instances of this spreading?

In other buildings one cannot often trace the origin of enteric fever to sewage emanations or to its other known causes, and the same thing must necessarily sometime occur in hospitals.

Some writers have brought forward instances in which two or more cases of enteric fever have arisen successively in the same house, as indicating that it is directly infectious; but much caution is required in drawing such a conclusion on account of the long duration of this disease, which allows abundant time for the production in other ways of new cases, while the original one is still running on.

Murchison cites, but without attaching very much importance to them, a few instances in which nurses contracted the disease immediately after having been attending upon patients suffering from it, but most of them lose much of their force when it is remembered that the patients probably lay ill under the nurse's care for three or four weeks.

It is obvious that the fact of a nurse taking enteric fever who is engaged with a person laboring under this disease is not even presumptive evidence of direct infection, unless the patient is away from the place in which he himself became attacked.

So, again, the circumstance that several inmates of a house are affected in tolerably rapid succession proves nothing, unless the first case was introduced from elsewhere.

Dr. William Budd, although he believed all the emanations from cases of enteric fever to be contagious, made it his chief object to show that the intestinal discharges were incomparably more virulent than anything else.

He seems to have thought that an important argument in favor of such a view could be based upon an analogy which he drew between the specific cutaneous eruption of a contagious fever and the lesions in this disease which affect Peyer's patches and the solitary follicles.

To express this very relation, the word *enanthem* had been already coined by German writers as a correlative to the term *exanthem*; and the doctrine propounded by Dr. Budd appears to have been previously taught at Munich by von Gietl.

It is now widely adopted.

But in order to account for the fact already stated, that nurses do not take the disease, notwithstanding that they come frequently into contact with the stools of patients suffering from it, an ad-

ditional theory has been promulgated: that fresh typhoid stools do not contain the poison, which is afterward developed in them.

We shall hereafter see that exactly the same thing is known to be true in the case of cholera; in that disease the "rice-water" discharges have been proved to be innocuous when first voided, and to become virulent subsequently.

I may remark, in passing, that if the poison of enteric fever is specific, the theory of its being evolved outside the human body after an interval, necessarily implies that it must be a living organism, and not a mere chemical substance.

Dr. Cayley, in his "Croonian Lectures" for 1880, expresses his belief that this change may occur within twelve hours; for in the Middlesex hospital patients have apparently caught enteric fever from using closets in which pans were placed containing stools from other cases set apart for the inspection of the physicians.

Probably the development of the poison may occur even in fecal matters smeared upon linen or sheets, for washerwomen have often been observed to take the disease after washing the clothes and bedding the patients, having perhaps inhaled particles of the dried fæces, which had become detached and suspended in the air. Biermer, in one of the "Clinical Lectures," published by Volkmann, says that he has met with several instances of this. Dr. Cayley mentions two cases which occurred in patients already in the wards of the Middlesex Hospital, and which were traced to emanations from dried discharges upon the bedding of a typhoid patient in a neighboring bed. Dr. Murchison relates the case of a woman who brought to her house in Warbstowe, on the Cornish moors, the bedding of a sister who had died of enteric fever at Cardiff, in Wales. She remained free, but her sister, who was employed in hanging out the clothes, took the disease; and it spread from her as a centre.

Murchison, although he teaches that the stools of patients suffering under the disease are at first incapable of propagating it, and become so only when they have undergone a change, takes a very different view from that of Mr. Budd. According to him, the change in question is not the development of a specific poison, but a decomposition, to which typhoid is more prone than healthy fæces, on account of there being alkaline and containing ammonia and triple phosphates in abundance.

It is almost a necessary part of his theory, that it should be possible that the intestinal discharges of persons not affected with enteric fever to be decomposed in a precisely similar manner, and so to give rise to the disease *de novo*. He was, indeed, so



strongly convinced that this was of frequent occurrence, that he at once proposed the name of *pythogenic fever* (*Puthomatiputresco*) in place of the objectionable term "typhoid fever," which was then generally in vogue. Sir Willam Jenner also, in 1875, expressed his opinion that the weight of evidence was in favor of the development of the disease, in many instances independently of any specific poison derived from previous cases. The main argument adduced by both these observers is that it is generally impossible, at the commencement of an outbreak, to trace any probable, or even possible, source from which the specific poison could have come. Jenner cited the case of a young lady who, being an invalid, had been confined to her own room in a detached villa, where she saw very few people, for some months before she was attacked with enteric fever. A sewer-gas odor was detected, and when the flooring was taken up a crack was found in the soil pipe of a water closet on the floor on which she slept. This was no doubt the cause of the disease, but for about two years, during which she lived in the house, no one who was at all likely to have been the subject of enteric fever had used the water closet; and from the town drains it was cut off by new and efficient traps.

Murchison laid especial stress upon certain outbreaks of the disease in which it was traced to emanations from cesspools, or from choked-up sewers, having no communication with the drains. But the only one of his cases in which the attempt was made to show that the cesspool or sewer could not have recently had the specific poison introduced, in the fæces passed by some one suffering under mild enteric fever, was one which occurred at a school at Colchester. And even of this, all that is said is that "there were no other cases of fever, before or after, in the rest of the Union."

Before, however, we can determine the real value of such observations, we want to know how long the contagion of the disease is capable of remaining undestroyed in the sewerage. If it be a living organism, which may germinate and multiply outside the human body, there is apparently no reason why it should not survive, under favorable conditions, for an indefinite period. A case in point is related by Von Gietl. A man, who had acquired enteric fever elsewhere, brought it to a village. His evacuations were buried in a dung heap. Some weeks after, five persons engaged in removing some of the dung were attacked by the disease; their discharges were sunk deep in the heap. At the end of nine months it was completely cleared out by two workmen, one of whom fell ill and died. In such a case as that related by Jenner, one can imagine that the typhoid poison might have been lurking in some

stagnant corner, of the water closet or soil pipe from the time when, perhaps many years previously, some one connected with a former proprietor of the house, suffered from the disease. That no one should have been attacked in the interval is sufficiently explained by the fact that this young lady was the only person who always remained on the same floor of the house, breathing the infected air both by day and night; possibly, too, her being an invalid and being confined to her own room may have rendered her more susceptible. Or, again, what is more likely than that a living organism, if it constitutes the exciting cause of enteric fever, should sometimes remain for years in a dormant state multiplying itself sufficiently to escape extinction; and then that, under the accidental supervention of more favorable conditions, it should suddenly undergo an immense developement? Such an interpretation seems to be the only one applicable to a fact which Murchison himself adduces; namely, that he has seen single cases of enteric fever rising in the same house again and again, at intervals of a year or longer. Thus between 1849 and 1857 six cases were admitted from a certain house into the London Fever Hospital; one in June, 1849, one in October, 1851, one February, 1854, one in November, 1855, one in July, 1857. It would surely be a remarkable incidence that the disease should have been six times generated *de novo* in a single building during these eight years, or that its specific poison should have been six times introduced from without. But if the poison was there all along, perhaps undergoing an excessive developement from time to time when the conditions were especially favorable to it, we can never, I think, exclude the possibility of its presence in any cesspool, or sewer, or water closet.

Again, there is the clearest proof that neither the inhalation of ordinary sewer gas, nor the drinking of water impregnated with ordinary fecal matters, sets up enteric fever. In an immense number of villages through England the water supply is exceeding impure; and both in villages and in towns the drainage is often as bad as it can possibly be. Yet for years the inhabitants of such places escape the disease, until a case is introduced from elsewhere, and then an outbreak at once occurs. It is probable only under such conditions as these, when the channels for the entrance of the poison enteric fever into the human body are already prepared, that there are seen such distinct indications of its being virulently contagious, as were recorded by Dr. Budd in the case of an outbreak at North Tawton. And, commonly, if the conditions are absent, no evil consequences follow the entrance of a case of

enteric fever into a place. How frequent this is, is shown by a statement of Murchison's, that in private practice more than forty instances had come under his notice, in which persons came to a house ill with enteric fever; but that in only two out of the entire number was there any evidence that the disease spread further, and that one of these two was perhaps not really a case in point.

The poison of enteric fever may enter the human body in various ways:—

First, it may be transported by currents of air. Many instances have now been recorded in which the disease has been shown to have been caused by exhalations from drains, or sewers, or water closets. I may briefly cite a few of them mentioned by Murchison.

1. In 1858 six policeman were admitted into the London Fever Hospital from the Peckham police station. The drainage of the building was said to be in perfect order, but the men declared that they had often complained of dreadful odors in a room where they sat. On investigation, one water closet was found to have no connection with the sewer, and to empty itself into an old well, situated immediately underneath a passage adjoining the room, and covered it only by flag stones. In this cesspool night soil had accumulated to a depth of more than ten feet. The fever ceased when its cause was removed.

2. In 1862, at Chatham, nine persons out of twelve who had occupied a newly-built house were attacked with enteric fever. The first person to suffer was the master, and he had for weeks complained of a bad smell in the cupboard of his dressing room. It turned out that between the syphon pipe of the water closet and the soil pipe below, there was a gap of several inches, which was plastered round with cement, the pipes being imbedded in the partition wall of the house. The cement at that spot had cracked, and there had been an extensive leakage of fecal matters. The residents in the adjoining house also had noticed a foul odor whenever this water closet was used, and three of them were presently taken ill with the fever. After the defect was made good no fresh cases occurred.

3. In 1848 a formidable outbreak, of what appears certainly to have been enteric fever (although Sir Thomas Watson held that this was not the case,) occurred in the School and Abbey Cloisters at Westminster. Its distribution followed the line of a foul and neglected sewer, in which fecal matter had been accumulating for years without any exit, and into which the contents of several smaller cesspools had been pumped immediately before the out-

break began. It communicated by direct openings with the drains of every house in which the disease appeared except one; and the boys from that house were in the habit of playing every day in a yard in which there were gully holes leading from the sewer.

4. In August, 1879, twenty out of twenty-two boys at a school at Clapham were attacked with a disease which was believed to be typhoid fever; the only point adverse to this view was the rapidly fatal course which it took in two cases, one patient dying in twenty three and another in twenty-five hours. Two days previously the boys had been watching the workmen engaged in opening and cleaning out a drain at the back of the house, which had been choked up for many years; it gave off a most offensive effluvium, and its contents were spread over a garden adjoining the playground.

Secondly, it may be conveyed by drinking water. The propagation of the disease in this way is of immense importance, on account of the very large number of persons who may be affected by it, whereas the action of sewer gas, when carried by the air, is necessarily limited to a comparatively small area. In their details the outbreak of enteric fever that have been traced to impure water, vary greatly; no two, indeed are exactly alike. I must briefly refer to a few of them, and it would be well to begin with those in which the circumstances are least complicated. Such are, of course the small epidemics that occur so frequently among the inhabitants of a village or a hamlet, who derive their supply from one or more surface wells, into which sewage finds its way through a porous soil.

1. At Wicken Bonant, in Essex, the disease prevailed in 1869, and Dr. Buchanan investigated its origin for the Privy Council Office. He found that there was a broad division among the people in regard to the sources from which they obtained their water. One hundred and eighteen persons used private wells, and among them was only one positive case of fever; eighty-eight drank water of one well called "parish well," and no fewer than forty of them were attacked. Now, this well was situated four or five paces distant from a brook channel which ran through the place. At the upper end of the village the brook always contained water; but lower down the channel was dry during the greater part of the year, the water being carried beneath the surface in a stratum of gravel, to reappear as a stream at the bottom of the village. That there was a direct communication between it and the parish well was evident from fact in time of flood, when the channel was full, the water of the well ran to a corresponding height and became

discolored. On June 24th the first case of fever arose, in the person of a boy, who lived in a cottage situated about thirty five yards above the well. He had much diarrœa, and his stools were thrown, without being disinfected, into a privy which stood almost on the edge of the channel. At this very time the soil water in the village was falling, after abundant rains which had taken place a month before, and pools of water were to be seen here and there in the channel.

A month after the boy's illness the persons who made use of the well began so fall ill with the fever. Can it be doubted that the well water became impregnated with the specific poison from his intestinal discharges? Previously on May 30th, two cases of fever had been imported from London into a house, of which the sewer opened into the brook two hundred and fifty yards above the well. I think it is almost certain that the boy derived the disease from that source, although it is not at all clear why he should have been the only person to suffer, until he, in his turn, gave it to the other inhabitants.

2. At Page Green, in the parish of Tottenham, a great many cases of enteric fever occurred in 1864 and 1865. Dr. Seaton investigated the matter and found that whereas there was, to some houses, a supply of water from the works of the Local Board of Health, the occupants of many other houses drank water from shallow surface wells. In three instances, in consequence of the families having removed from the place, he could not learn from which source the drinking water had been taken, but in all other cases, with the single exception of one child, it was ascertained that those who were attacked had used well water. Some of them had had the water of the Local Board distributed to their houses, but had been in the habit of borrowing water from their neighbor's well because it was bright and pleasant, whereas the other was hard, turbid, and red, from dust in the pipes, in consequence of its supply being intermittent and irregular. When, however, the well waters were analyzed by Prof. Miller, he declared them to be quite unfit for dietetic purposes.

3. At Terling, in Essex, between the beginning of December, 1867, and the end of February, 1868, there occurred an epidemic of enteric fever, upon which Dr. Thorne reported. It was of extraordinary severity' amongst a population of nine hundred persons, at least two hundred and sixty were attacked during the first two months; there were in all forty-one deaths, and so panic stricken was the village, that it was necessary to discontinue the tolling of the church bell at death or funeral.

Whether the disease was introduced from elsewhere could not be ascertained, for there had been isolated cases during previous years. But the extension of it was clearly traced to contamination of the drinking water by sewage. The cottages were supplied, single or in groups, by shallow surface wells, sunk in a loose and porous gravel. Round about them, but at a higher level, there were a number of manure heaps, cesspools, and privies, the odor from which was often spread out for yards over adjacent fields. During the autumn the water in the wells had been unusually low; doubtless, therefore, the filth had accumulated in the soil; so that it was washed into the wells in very large quantities, when, toward the end of November, a sudden rise of water took place. Among seventy-one persons, living on the outskirts of Terling, who procured their water from ponds, only six cases of fever occurred and in all but two or three cases in individuals who had not been in the habit of frequenting the village.

It is often impossible to trace the source from which the drinking water derived the poison, but we have seen that there are slight forms of enteric fever, the real nature of which is never suspected. Thus a person who seems to be suffering under a trivial ailment, or who even appears to be quite well, may sometimes introduce the disease. Dr. Cayley cites three cases of which the origin is very clear.

4. At Over Darwin the water pipes were leaky, and the soil through which they passed was soaked at one spot by the sewage from one particular house. No harm resulted until a young lady with the fever was brought to the house from a distant place; within three weeks of her arrival the disease broke out and fifteen hundred persons were attacked.

5. At Calne a laundress occupied the middle of three houses supplied with one well, into which the slops of her house leaked. She received the linen soiled by the discharges of a case of enteric fever, and after fourteen days cases occurred in all those houses.

6. At Nunney a number of houses got their water supply from a foul brook contaminated by the leakage of a cesspool of one of the houses, but no fever showed itself until a man with the disease came into that house from a distance. Then in about a fortnight an outbreak took place in all the houses.

Still more interesting are certain outbreaks of enteric fever which have been traced to contamination with fecal matter of water supplied by pipes; and their importance is the greater, because similar occurrences are lately to be increasingly frequent, as water companies become multiplied.

7. In Caterham, during the fortnight which ended February 2d, 1879, there occurred forty-seven cases of disease; and, at the same time, no fewer than one hundred and thirty-two cases were observed at Red Hill, eight miles distant. In each town the persons attacked were using the water furnished by the Catterham Water works Company, but considerable numbers of persons who derived their supply from other sources escaped altogether. On the other hand, cases occurred at the Earlswood Asylum and in other places which also used the Company's water. Now, this water is drawn from chalk wells more than 500 feet deep, and it had a deservedly high reputation for wholesomeness. Every point in regard to its sources, storage and distribution was carefully inquired into, but for a long time in vain. At last, however, the attention of Dr. Thorne was drawn to the fact that, in January 1879, the Company had been constructing an adit, at a depth of 455 feet, from one of their old wells to a new bore which was being sunk. A number of men had been employed upon this duty, and one of them it was found had been ill and left work, in the course of the month. He was sought out, and on inquiring, it appeared clear that he had been suffering from a mild attack of enteric fever, which began to January 5th, and which he had probably acquired at Croydan, where he had spent December 25th and 26th. He had much diarrhoea, the bowels acting at least two or three times during each shift of eight or twelve hours, and in accordance with the usual practice under such circumstances he made use of the bucket by which the excavated chalk was being raised to the surface. He denied that he had ever relieved himself in the adit, without waiting for a bucket, but that this had been the case was very probable. It seems to be almost certain that in some way his faeces passed into the water of the well in which he was working and gave rise to the epidemic. The poison must have been diluted to an extraordinary degree.

But in this almost infinitesimal subdivison of the contagion of enteric fever, no epidemic seems to approach that which occurred at Lausen, in the Valley of Ergolz, in the Jura, at least if it is origin was correctly interpreted. Early in August, 1872, 130 out of a population of about 800 persons were attacked, all of whom used the water of a public fountain. This fountain was fed by two sources, one being a spring into which it was known that water would penetrate by percolation from certain meadows in another valley, separated from the Ergolz Valley by a mountain, the Stockholder, through the base of which the water must therefore have passed. Now, in that other valley there were in July,

1872, two cases of enteric fever the discharges from which were thrown into the stream that traversed it. In the middle of the month the water of this stream was used to irrigate the meadows, and three weeks later the epidemic at Lausen began. But I must confess that it seems inconceivable that the effects of a poison should be traced after it had been thrown into a running stream, and after the water taken from the stream had been poured over the ground, to make its way by subterranean channels into a distant spring!

9. At Guildford, in September, 1867, a severe epidemic of enteric fever occurred; within ten days, 150 cases came under treatment, and the number reached 264 by the end of the month. A singular circumstance with regard to this outbreak was observed, namely that it was almost restricted to the higher part of town, to which water from a new well had been distributed by engine power, after having been first stored in a reservoir. Certain exceptions, in school children and others who resided where water derived from other sources was used, was easily explained by the fact that those persons spent their days in houses supplied by the high service water. Now, it was known that this new well was fed not merely by percolation, but by a fissure in the chalk; and that fecal matter might easily find its way into it was probable, from there being within ten feet of the well a sewer, into which water closets were drained, and cess pools and privies discharged their overflow.

These facts were so striking, that Dr. Buchanan, who investigated the matter on the spot, was perplexed when he was told that from the beginning of August, in consequence of the engine having been broken down, the high-service water had not been taken from this source at all, but from another well, the old well, which also supplied the lower parts of the town, where there was no fever. But on further inquiry, it turned out that on one particular day, the 17th of August, the water wheel which was used to charge the high service mains being under repair, they were filled with same water which had been raised from the new well on or before the first of August and had in the meantime remained in the high-service reservoir. Subsequently the sewer above mentioned was ascertained to have been leaking in various places, so that the surrounding soil was a quagmire, dark colored, of fetid slush, which made the men vomit who had to dig it out.

10. At Sherborne, in Dorsetshire, enteric fever became epidemic at the beginning of the year 1873, and prevailed severely until the middle of April. Dr. Bloxall, who went down to inquire into the matter, found reason to conclude that the drinking water,



which was delivered from a reservoir through pipes, which was believed to be originally pure, became contaminated in a way which would not at first sight have been obvious. In December, 1872, and in January and February, 1873, the water was frequently shut off from the town. at a point near the reservoir. Now, it was known that when the water was thus shut off, a rush of air would take place into certain delivering pipes as soon as their taps were turned on; but many of the mouths of the pipes were situated in the pans of water closets, consequently if a tap was broken, or if a person forgot to turn it off when he found that it gave exit to no water, the corresponding pipe might continuously suck up sewer gas, or even liquid excrement, supposing the water closet pan to be full. Then, when water was again delivered, this would wash away whatever particles might have been deposited in the pipes and conveyed them to be drunk by the people of the town.

11. At Caius College, Cambridge, a local outbreak of the disease occurred in November, 1873, which was traced by Dr. Buchanan, with very strong probability, to a precisely similar origin. Twelve out of fifteen cases in students at the college were among sixty-three residents in Tree Court, a part of the building which had been erected only four years previously, with every care as to sewers, drains, and water-pipes. Now, Tree Court had an independent water supply direct from a high-pressure main. This supply was intended to be constant, but there had in fact, been a complete intermission of it on two occasions shortly before the outbreak. After such intermissions the water had been noticed to come in with a rush, "like soda Water," evidently in consequence of its having been mixed with air, which had been sucked up into the pipes. Within the Tree Court buildings there were two water closets, one in the basement of the porter's lodge, the other on the first floor of one of the staircases. The tap of the lower one, or that over an adjoining sink, if left open during the intermission of water supply from the main, would have allowed water to drain from the whole pipe system of the court; that of the upper one would, under such circumstances, have permitted of the free entrance of air. This air, however, would have been mixed with sewer gas from an unventilated sewer in Trinity Street, which at the very time under consideration, was receiving the excreta of patients ill with fever in other parts of the town. The effect of recharging the pipes with water must necessarily have been to disturb sewer gas in solution to every part of the building. It was, indeed, positively ascertained that not merely air, but water impregnated with fecal matter, had been sucked up

into the supply pipe of the upper water-closet, for that pipe was lined with a brownish deposit, containing phosphoric acid and a large portion of intermixed organic matter. The obvious method of preventing the occurrence of such out-breaks of fever as those Caius College and at Sherborne is for the sanitary authorities, whenever the water supply is intermittent, to insist upon there being a proper service for each water closet.

Thirdly, milk may be contaminated with the poison of the enteric fever. This is clearly shown by the following remarkable instances:—

The epidemic that was traced to such an origin occurred in Islington, in 1870. It was investigated by Dr. Ballard. Between July 3rd and September 10th the occupants of sixty-seven houses were attacked, one hundred and sixty-seven individuals, of whom twenty-five died. It was a most remarkable circumstance that the district affected was included in a semicircle, with a radius of a mile, drawn immediately on the north side of the line of the North London Railway from a center almost upon this line. There was no fever in the area contained in the corresponding semicircle south of the railway, which here passes through a cutting. This, of course once suggested that human intercourse was in some way concerned in spreading the disease. The right clue was first hit upon by a lady whose family was attacked; and a little inquiry convinced Dr. Ballard that, far fetched as such an idea had appeared, there was much probability in it. The milk vendor, whose milk was suspected had himself fallen victim to the epidemic, but his father, greatly to his credit, readily consented, when applied to, to give a list of the customers. It was then found that the dairy supplied one hundred and forty-two families, a very small portion of those who lived within the semicircle. In no less than seventy among the hundred and forty-two families there had been cases of enteric fever. The way in which the disease picked out the customers of the dairy in particular streets and rows, was most striking. In one long road and a street running from it the milkman supplied three families; two of them were effected. In a crescent with twenty-five houses he supplied four families; they were all attacked. In a new neighborhood, where there were about seventy houses, he supplied four families; all had it. On the other hand, there were scarcely any cases among those families who had invariably bought their milk from other sources. As might have been expected, women and children were attacked in much larger numbers than men, who drank comparatively little milk.

The source of infection was traced, with much probability, to

the water of an underground tank in the cow-yard. When this was cleaned out, the woodwork in one corner of it was found to have been broken away, leaving a gap, from which a rat burrow passed into two old drains. Sewer gas had no doubt entered the tank along this channel, and it is quite possible that liquid sewage had taken the same course a few months before the outbreak, when the ground had been disturbed to lay a drain pipe for some neighboring houses. It could not be ascertained that water from the tank had ever been used to dilute milk, but the pails had been washed out with it, and some of it might have been left in one of them, by accident. One of the customers had several times, complained that the milk was poor, and that when kept it not only became sour but stank.

1. In the summer of 1872 an outbreak of enteric fever took place at Armley, near Leeds. This also was investigated by Ballard, who found that with single exception all the early cases occurred in families supplied by a particular dairyman. After the first three weeks this rule was less strictly observed, the reason, doubtless, being that the disease then began to spread in other ways, since the privies, cesspools, and drains in place were in the most neglected and offensive condition. That water from a pump on the premises of the dairyman had been the means of infecting the milk, was rendered most certain, from the fact that, the handle of this pump having been chained up on July 10th, the fever abruptly ceased to appear in fresh families among the customers a fortnight later. The way in which the poison had entered the well beneath the pump was also satisfactorily made out. During the month of May the dairyman himself had been ill with enteric fever; toward the end of the month there was a good deal of rain, and this, no doubt, washed into the well fecal matters which had escaped previously into the soil from the privy or from defective drains. On inspection of the well, black matter was found to be oozing into it, and at the bottom there was a deposit of filth and mud which gave off bubbles of gas when disturbed. A point on which Dr. Ballard relies as corroborating his conclusion that the early part of the outbreak was due to infection by milk, is that it was only during that period that multiple cases occurred in the same families.

2. In the summer of 1873 an outbreak of enteric fever occurred in St. Marylebone, and in certain parts of St. George's (Hanover Square) and of Paddington. It affected chiefly the households of well-to-do people, and among others the family of Dr. Murchison, who quickly became convinced that the only probable mode of in-

troduction of the disease into his house was by the milk supply. This was confirmed by a minute investigation made by Mr. Netten Radcliffe and Mr. Power. It was shown that nine-tenths of the two hundred and forty-four cases to which the injury extended were in the households which consumed milk from a particular service of a particular dairy. Certain ramifications of the same milk supply extended to the east end of Regent's Park, to Belsize Park (Hampstead,) and St. Anne's (Soho,) and in these districts also enteric fever occurred among the consumers. There was a special incidence of the disease upon women and children, and many striking instances are noted in which those members of a family were attacked who were in the habit of drinking milk, while others escaped who did not do so.

3. The milk which appeared to convey poison was a special kind, sold as "nursery milk," and taken from three or four cows, set apart for the purpose at Chilton Grove Farm, in Buckinghamshire. Now, on the 8th of June the occupier of this farm had died in the fourth week of an attack of enteric fever. His evacuations, instead of being thrown into the common privy, were buried in an ash heap out-side the farm buildings. Subsequently, however, it turned out that this was the very worst thing that could have been done with them. For there was a well close by, the water of which was used, for dairy purposes, although not for drinking or cooking, as it had been noticed to have a disagreeable taste. Excavations made for the purpose showed that there had been a line of soakage into the well, along the foundations of a wall, of the filth of a pig sty which formed a pool in the immediate proximity of the ash heap above mentioned. If due intervals are allowed for the gradual penetration of the matters containing the poison of enteric fever through the soil, and for incubation of the disease, the date at which the outbreak in London began—during the last days of June and the first days of July—corresponds exactly with this theory of its origin.

Fourthly, *there is some reason to believe that meat may under certain circumstances convey the poison of enteric fever.* At Kloten near Zurich, six hundred and sixty-eight persons were attacked in July, 1878, all of whom had partaken of some veal provided for the festival of the choral societies, and derived from various sources, but partly from two diseased calves. Huguenin thinks that one of these calves was actually suffering from an epizootic complaint equivalent to enteric fever, but that its flesh might have been eaten with impunity, if it had not been in a state of putrefaction, the contagion being as he supposed, developed after death. The

liver and the brain of this animal fell to the share of persons who did not go to Kloten, and they also fell ill with the fever. A few other outbreaks, also attributed to diseased meat, are referred to by Dr. Cayley.

I may take this opportunity of remarking that it has hitherto been considered an open question whether the lower animals are liable to enteric fever. The so-called typhoid fever of pigs is now known to be an entirely different affection.

It must not be supposed that it is always, or even generally, possible to trace to their source isolated cases of enteric fever, especially when they occur in large towns like London. Probably there are many chances of infection, from sewer gas in air, and from impurities in water, which no enquirer, however acute, could trace out. The number of cases admitted into the London Fever Hospital varies from year to year much less than might have been expected. Dr. Cayley thinks that they are not dependant upon the presence of the contagion of the disease in water taken from the Thames. Although there can be no doubt that the poison frequently passes into the upper part of the river from the towns and villages on its banks, he thinks it is always destroyed by exposure to the air and by other agencies, among which vegetable life is probably one of the most important.

*Soil Water.*—Before leaving the question of the immediate cause of enteric fever, I must briefly mention a view held by certain German professors, according to which the fundamental point in the ætiology of the disease is its relation to periodic fluctuations in the level of the soil water. In speaking of cholera I shall have to discuss a similar theory, based upon observations made by Von Pettenkofer at Munich, from the year 1856 onward. It was, however, Buhl who applied these observations to enteric fever; he showed that when the soil water in the city, (as measured by the depth of water in the surface wells) is falling, the number of cases of enteric fever increases, when it is rising, the number of cases diminishes. That the facts really are so is generally admitted, but the interpretation which was at first put upon them is, I believe, rejected by every one qualified to offer an opinion. It was that the falling of the soil water enables air to penetrate more deeply into the ground than before, and so bring about changes in the organic matters there which result in the giving off of a poison which sets up the disease in persons exposed to it. But this is obviously inconsistent with everything that is known as to the way in which enteric fever spreads; and I cannot doubt that Liebermeister and Buchanan are right in supposing that the soil-water

observation simply illustrated its communication by means of drinking water. Not only is the water contained in surface wells generally more impure when the level of the soil is persistently low, but there is far less movement of it in a horizontal direction toward its natural outlets in brooks and streams, so that any noxious matters in it accumulate and acquire an increased virulence. It must also be added that in no other place except Munich has a fixed relation been found to obtain between the soil water and the spread of enteric fever. In the case of particular epidemics, as notable at Terling, in 1868, the disease has broken out with great severity precisely when the wells have been high.

It is certain that *climatic influences* greatly affect the prevalence of enteric fever. In the London Fever Hospital there have been far more admissions during dry and hot summers (*e. g.* 1865, 1866, 1868, 1870) than in damp and cold summers (*e. g.* 1860, 1872;) but it is natural to take this in connection with the fact that each year there is an increase of the disease during the four months from August to November, while its frequency falls from March to May. Similar observations have been made at Berlin and at Basle, and there can be no doubt that the cause is the heat of summer on the one hand, and the cold of winter on the other hand, the effect being however, not immediate, but regarded by two or three months. At Munich the influence of season seems to be reversed, the maximum prevalence of enteric fever being in February: but Liebermeister suggests that this, after all, may be but the result of still greater retardation of the same action which obtains elsewhere. Such conditions play but a secondary and intermediate part in the ætiology of the disease: their effect is merely to favor, or to hinder, the operation of its causes.

*Age.*—Certain circumstances remain to be stated, which affect the disposition of individuals to take enteric fever at particular times. Chief among these is age. The disease is far more frequent in persons between fifteen and thirty than those who are either younger or older. In babies it is very uncommon, but in 1864 Murchison showed at the Pathological Society the intestines of an infant six months old who had been attacked at the same time with its mother. During childhood the liability to the disease increases from year to year, but I think it may be a question whether this does not depend upon an augmented exposure to its exciting cause. At the age of twenty the liability begins to decline, after thirty more rapidly, and beyond forty very few cases occur. However, I remember seeing enteric ulcers in the body of an old woman of seventy examined by Dr. Wilks; and some foreign

observers have recorded instances in persons aged seventy-two, eighty-six, or even ninety. Liebermeister gives a tabular statement of the proportion of cases at varying ages at Basle, corrected according to the number of persons at the corresponding ages in the population generally. This, of course, diminishes the differences very considerably, and it seems to be possible that what remains of them may be due to the protection acquired by having already passed through the disease.

There does not appear to be any constant predominance of one sex over the other among patients suffering from enteric fever. Liebermeister maintains that it is more apt to attack strong and healthy persons than those who are sickly and delicate; and there seems to be a certain degree of immunity against it among women in pregnancy; after labor, and during lactation. Several French writers have declared that students, servants, and foreigners are especially liable to contract this disease when they first come to live in Paris; and Murchison has shown that more than 6 per cent of the patients admitted into the London Fever Hospital have arrived in London within three months. This cannot merely indicate, as Trousseau suggests, that such persons are devoid of protection from their not having already passed through enteric fever. But, on the other hand, it may not necessarily prove that an acclimatization occurs as the effect of longer residence; it may merely show that certain individuals are so very susceptible to the poison as necessarily to succumb as soon as they are exposed to it.—*Edition of '86.*

After all these quotations, what have we settled about the fever?

If we should think we have settled anything, or explained anything, we should be in an error.

We have settled nothing about the cause of fever.

It seems as if what we have copied and after bringing so much to bear on this question we should be able to settle what this fever is. These articles do not do it. They prove nothing about fever.

On the contrary, all these quotations are dazzling to the brain, and mystifying to the imagination. We read their records, and we do not know which to think of the most: the work which has been bestowed on these cases, or the ignorance which is shown by all these workers in the study of the disease and the conditions of fever with the small amount of knowledge which they possess in the treatment of the conditions of fever.

This should be taken as we intend it to be taken.

We say that for the finding out of any of the causes of the fever, these investigations are of no value whatever. They do not teach

us what causes the fever and the parties who have made this study theirs, do not consider what is the cause of the fever, but they are continually thinking and stating that some germ or some micro-organism has gone into the body and causes fever. This is an error.

The filth may always precede the effort of the vital force to expel these filthy materials but the filth *could never become the acts* of the body which is acting to throw off these atoms of filth, no matter where they come from.

While we assert these investigations are mystifying and useless as to showing us the causes of fever, yet we concede they are useful, (and because of this fact, we have introduced them) as showing that in all these outbreaks of fever, there was an amount of filth taken into the system before the effort to get rid of this filth, commenced.

In other words, the record shows that in all these cases there was a decided increase of filth in the body before the fever was present.

Does this fact prove the existence of fever as coming from the filth?

We think it does not prove any such thing.

Suppose you should go to an ant hill and poke a stick about in that ant's nest.

Would it be long before the ants would be crawling out and lighting on the stick and looking after everything within a small radius of that ant hill?

Would the stick make the ants come out?

Or, would it not be the life power in the ants which would lead out those ants to investigate what foreign body that was destroying their home? The stick would not make the ants come out if you should place the stick in a bucket of water; because it is unlikely that an ant's nest would be found in a bucket of water. The stick provoked the ants and they were in evidence.

So in the case of a fever.

The foul material could not cause any fever if there was no life power in the body.

But when the life power is in the body, then there is something which produces all of the symptoms which we have been considering and we have a FEVER.

We desire to have the reader observe that, in all the old school teaching—in their text books—in everything on which they can influence in any way, they deny that there is any such thing as the Vital Force. And in one instance, viz:—Landois and Sterl-



ings' Human Physiology, the statement is made after this manner:

"There is no such force in the body as a peculiar force called vital." Flint's Physiology tells much the same thing and gives the "elements" by which all these actions are to be accounted for.

Upon this point, we desire to have every reader well informed.

If there is no such thing as Vital Force, then this foul water made the fever.

But, if in all these case, we find that the filth came first and then this force in the body made the effort to get rid of the filth, we have found out what caused the Fever—after—there was a provoking cause in the body.

Every denial made by the old school that there is no such thing as Vital Force throws them into the uttermost darkness of thought. No one can reason on events unless they have the understanding of the cause of events and what causes them. Nothing happens of itself. If we understand this in full, and if we have learned what we may expect from this Life Force in the body, then we are ready to read to the end of the chapter.

The histories of these outbreaks are useful as showing, that in these cases, there was an increase of filth in the body from outside sources.

But the filth did not make the symptoms which we see in any case of fever.

The life power, or the VITAL FORCE MADE THESE SYMPTOMS.

Not vile water: the germ in milk; nor the vile smells. These records are also useful as showing that the viler and the more filthy the place the sooner the effort was made by the vital force to expel these poisonous foreign bodies.

These records are useful to show us what occurred; but they show us nothing as to the cause of fever; which is always, under all circumstances, the action of the vital force.

It is because of the want of thought and the dishonest practices of the old school in these investigations and their persistent continuations in denying the existence of a vital force in the body, that impels us to continue in our assertions that this school is cursed with blindness by the Almighty God.

Sorry? Yes we are sorry.

We are sorry to say this.

But still, we thank God that we have been placed in the furnace of affliction until we have learned what fever really is.

We think we can explain this to you in a very few words and you should readily understand it.

But if you cannot understand after we have explained what the

fever is, then we shall have to go over it again and tell you in many different ways, so you will really understand and when you once fully comprehend the term, FEVER, then you will also see, that what we have said the allopaths being actually cursed with blindness, is only half true.

They are cursed by the Almighty God and the Great God has set the curse in their houses so they will have it in their houses, sleeping and waking and by and bye they will be consumed by this cursed system of lies.

WHAT THIS FEVER IS NOT CAUSED BY.

It is never caused by the WATER.

This fever could never be caused by some germ.

It could never be caused by smells.

There could never be anything carried by any one's clothing which could be sent from one part of this nation to the other and carry the germs of fever. (Although, we acknowledge *filth* of all kinds can be carried by persons and in clothing.)

All this is impossible and the sooner you get these ideas out of your head the safer you will be to trust with cases of fever, and the very sooner you can take any cases of fever and cure them.

What is this fever?

Not alone the typhoid fever, but every other kind of fever which is on the face of the earth. What is fever?

We will put this in a small space at first and then explain it so your mind can catch the ideas.

WE ASSERT TO YOU, THAT ALL FEVERS ARE ONLY EFFORTS OF THE VITAL FORCE. WHICH ARE BEING MADE IN THE BODY, TO THROW OFF OBSTRUCTIONS WHICH ARE OFFENSIVE TO THE BODY.

In other words, this fever is the effort, of which we perceive the results.

It is not the foul water which raises the pulse to 120.

It is the vital force.

The vital force which makes the effort.

The foul smell could never raise the temperature.

The vital force will do this but the smell cannot do it.

You cannot think that what these people said about the milk coming into the body would cause the body to go dry and gradually be thirsty. No. But you will hear some one say., "It is germs in the milk."

Ah, but the germs could never exist if there were nothing to live and breed in.

They had a body to exist in and you might pour all the milk and

place all the germs in the world in the dead body and you could never cause the fever to rise.

Why not? Because that fever is something which has its base in the body and this rise of fever and this series of results which are called "symptoms," are only evidences that the vital force in the body is causing all of these actions and that when the vital force does not cause these symptoms either there is no fever or the body is dead.

When the body is dead there is no vital force in it.

It is a dead body.

When you think of all this and get these truths in your mind, you will then think that all this bewildering evidence is good for nothing.

So we tell you.

All the things we have quoted are worth absolutely nothing and the more of this evidence one has, the worse he is off.

Still, all this evidence is good in a way if we can only truly understand the facts which they have presented.

All the facts.

The facts that what they called typhoid fever existed at certain stages and at certain places after a series of other facts.

We pause, when we assert that every thing which has been written by allopathy about fever is all wrong.

But, we have to do it.

We not only assert that all these sayings about fever are all wrong, but that when one gets this knowledge in their heads, they have a lot of knowledge which is no good to them. We have to think of this, so we can know what to do and if we shall not know what to do then we shall be as ignorant as all of these men who have wasted so much time on this study.

The fever is caused by the living matter in the body.

You should understand that this living matter is not the agent. It is the Force that dwells in matter that makes it living matter. And this Force does the acting, through the agencies of matter which is outside of this Force. The Force dwells inside of the Atom. And, this Force adds to the Atoms, if there is nourishment enough.

If, there is no force, there is no action. The Force makes the action and the Action, in cases where there is filth, is to act in such a manner as to carry off, or throw off, the filth from the body.

While this filth is being thrown off by the Vital Force, we see the increased pulse, the fever and we see the rise of temperature and we are sure there is fever. This fever is the effort of the Vi-

tal Force and the force makes the fever to carry off some of the filth materials in the body.

The fever is the effort which is being made by this living force to drive out something which is in the body, and which should not be there.

Without this vital force we should have a dead body.

With this vital force, we have what may be called exhibitions of the strength of the vital force.

The more the vital force, the greater the fever.

It is not the highest fever which we fear; it is the fact that the fever goes down and stops and leaves these obstructions in the body and if this should be the case, the patient dies. Not that the fever would cause death. It does not. Obstructions and poisons cause death.

The allopaths do not use the word "dies." They use the other words which are softer and say that the patient "*Succumbs.*"

Or, the fools say he "asphyxiates."

Or, they will say he dies "from heart failure."

We do not care much what they say, only so we can teach you how to care for any case of fever in the world.

The fever never could, never did and never will make any one to "succumb." Or to die.

The fever never causes any one's death. Never.

It is never the fever which causes anything which is seen and called symptoms.

The vital force causes all these symptoms and these symptoms, when they are found together, are called "fever."

The fever never harms any one.

It is not the fever which acts.

The vital force acts.

Fever is only the effort of the vital force.

The germs cannot act. Even if the germs were in the body and had eaten up the intestines, they could not cause anything in the way we see the body apparently act, after "the fever comes."

It is not the "fever," we desire to be rid of.

That is, if we know what we actually wish.

We want that body to be clear of all obstructions in the shape of germs, filth, foul water, vileness of every kind and then we shall have no fears of a fever.

There will be no fever.

The fever could not come into any of the bodies which were clean; no matter how many germs could be carried there.

As soon as the body is clean, then we shall have no effort and

never have any "fever." That is, never until the body becomes dirty again and then we shall have the effort again and when we see the effort we say "fever."

Fever never comes to a clean body.

Why? Because that body which is clean is never in any need to have the effort to cast off some obstruction from the body.

When the body has something which is in the body and should not be in that body, then the time is at hand when the vital force which is in the body is going to make an effort and when that effort is made then we call that effort "fever."

It is the vital force which makes the effort to get rid of the dirt and this dirt once out from the body, then the effort will cease to be made and when the effort ceases to be made then we say there is no fever. The fever is gone.

Has the fever really departed?

There was an effort of the vital force and this effort is not being made after the body becomes clean.

But was there any thing in the body that went away? We say there was nothing in the shape of a THING—a FEVER which ever went away;

What changed the body and showed the difference in A "FEVER and in "NO FEVER," was in the presence of the action of the vital force and in absence of the visible action of vital force.

There are two ways of stopping this manifestation of the vital force.

One is by killing the man or woman who has the fever,

This is the allopathic method.

They kill the body or rather they drive away the vital force in that body then they say, "we have reduced the fever."

What stupidity.

You will think there could not exist any such stupidity on earth.

Oh, but we have just quoted to you the stupidity from books of their own which costs us lots of money and one cannot go back on this overwhelming amount of evidence which is seen every day all over the world enacted by the doctors of this cursed of God school.

They declare that fever is something.

They wish to reduce it.

But they do not a thing to the fever although the *effort* is not so plainly seen as it was before.

They have irritated and driven off the vital force and then they exult like the pack of unthinking creatures that they are.

The other way we have this "fever" stop, is to assist in cleansing the body of its vileness and when this body is cleansed of its

vileness then we will have no effort of the body and the effort not being made we shall have NO FEVER.

This should be plain.

Can we make it yet plainer?

When you get a splinter in the foot, there comes a redness in the place where the splinter is and there is said to be a fever in this place.

We call it a fever.

It is red.

It will swell.

It will be angry and feel sore to the touch.

There are two ways of destroying this fever from the presence of the offending splinter.

One is to cut the foot off.

Then this foot would be cold and the "fever would be reduced."

This is the allopathic way.

Kill the foot. Cut it off.

Then the fever in the foot will be destroyed.

Then they will have reduced the fever when the foot is cut off.

This is allopathy.

This is homoeopathy.

Cut off the foot to reduce the fever.

This the way with every one who tries to "reduce the fever" with Aconite or with Belladonna, or with any other poison agent as Gelsemium, Anti-febrine, Anti-pyrine and all such poisonous agents.

They reduce the fever in the foot by cutting off the foot.

They reduce the fever in the body by giving some agent which poisons and drives off the vital force and then they say, after they have driven off the life power in the body, killed so much that it cannot do any more—cannot make any effort—then they say—"we have reduced the fever."

Yes—cutting off the foot is one way to reduce the fever in the foot which comes up and shows itself by redness heat—pain and swelling, after the foreign body, the splinter is in the foot.

Is this right?

No. You will say to do something else.

What is it?

Take the splinter out of the foot and when the splinter is out of the foot we shall have all the other symptoms go away. There will be no fever in the foot.

When the splinter is out from the foot we shall have no fever in the foot.

Would you not think this was the right and the only way to do and have good sense about this splinter and about the fever in the foot?

There is something in the body which the vital force desires to have out from the body and the body is making an effort to have this something which we have called obstructions and which might come from ten thousand things—foul air; foul waters; smells; any thing which causes the body to have something inside of it which are obstructions; even germs (although we assert that if the body is clean there can be no germs existing in the body. This will be plainer to you further on) and if these obstructions are cleared out from the body then the body will not make any effort and there will be no fever in the body.

Is this plain to you?

You would never have the pain; the heat; the swelling and the redness if the splinter had never been in the foot.

Neither could there be a particle of fever in the body, if there were ever so many splinters, if the body did not have this Vital Force to make an effort to get rid of the splinter. But, if the body has this Force inside of it and the splinter is offensive to this Vital Force, this Vital Force makes the effort to become rid of the splinter and then and there we have this effort of the Vital Force and this effort or the result of this effort is called Fever. No matter what the provoking cause may be, splinter, filth from milk, from drinking water, or from smells, or from any thing, the Vital Force makes the effort and always does make it and not germs nor any thing else other than this Vital Force. By once understanding this series of facts, you have the cause of fever.

When you take this splinter out from the foot, then all these symptoms are gone and you are happy. Your fever is gone from the foot.

In the case of the typhoid fever patient, when you have cleansed the body, you will have an abatement of all symptoms of fever and the fever will be gone.

You do not desire to "reduce the fever," if you know what you are about.

You want to take the splinter from the foot.

Think—think—think—of this matter as it is and become superior to all the doctors on earth. Can you not rise above these allopathic followers of the negro Nimrod? Why should you worship a negro?

Oh, how we could talk about this.

Do you think we are trying to educate any of these doctors? Not one.

Only the children and servants of God will have this knowledge.

We firmly believe this and now you are thinking of learning of this knowledge and this knowledge will set you free.

If you will take it.

This knowledge which is not in the books and is no where—apparently on the earth.

What is fever? Fever is an effort of the vital force in the body to send out—to throw out; to excrete; to be rid of; to expel or to cast out from the body, some materials which are now in the body and which offending materials are in themselves too much for the vital force to manage without great effort, and when this effort is made, then we have certain symptoms—such as chills, heat, diarrhea, headache, hot skin, flush on the skin, dry mouth, great thirst, a breaking out of an eruption on the skin; and many other symptoms which go to show that something is in the body which should come out from the body.

If we have sense we should assist in having the body in a condition to expel that something out from the body.

If we do not have any more sense than those writers whom we have quoted to you, then we shall desire to kill the body with anti-pyrine—anti-febrine—with Aconite; with Belladonna and with Gelsemium or some other deadly poisonous agents which will drive away the vital force and leave us with a dead body.

Can you see through this? It should be so plain that any one who lives on this earth should never be able to rattle you out of it.

The fever is your friend.

The fever is an effort to get rid of some thing which is in the body and should be out of the body.

You can assist this body to be rid of this vile material whether this material is a splinter, or some dirt, some vile water or some smells or some insensible perspiration or some retained secretion. Any or all of them.

When we see through this, then we are at liberty to go on and cure every case of fever that is not already struck with death.

But if we think with these allopaths—that a germ causes the fever—that water causes the fever—that contagion causes the disease—any or all, or, if you have an idea that fever is some demon—some strange thing which has come to visit you—or some evil spirit which “is going round” or—some living animal which you can kill by giving some poison into the body—and if you think that some peculiar kind of bug has entered into you, or, into one



of your friends or one of your children—then we say that you are more ignorant than we take you to be. If you think that this fever has been brought to you from some place and has some entity and some life in it, as many of the scientists think or say they think, of what they call disease, (which is one of the most false doctrines which ever entered into the heart of man,) then we shall be at sea and lost as to the power, or as to having the knowledge, to do any thing for the sick one who is at our mercy.

If we can see the truth then we have the power of helping our case at once.

If we think of killing the germs in the intestines and we wish to do as the foolish ones who called allopathic doctors, then we shall give some Aconite or Belladonna and some Gelsemium and some Iodine and we shall be doing the same thing as if we cut off the foot to get rid of the splinter.

We should have better sense and we should see to it that we have good sense before we undertake anything which belongs to some wise and loving friend to do and not to do the work of some butcher or some ignoramus of a Poison Doctor.

Oh, much we know, if we can save every case of typhoid fever.

We assert to you truthfully that from 1861 to 1886 the writer never lost a case of typhoid fever.

It is true, that during a portion of that time we did not actively practice; but there was always a case or two on our hand, and these cases of typhoid always recovered. We had the causes in our heads and we allowed nothing to go into those bodies of typhoid fever patients, which would in any manner injure the life power of the patient in case that body had been in perfect health.

Since that year many have been lost, because the writer could not attend to them personally and because he trusted to some one else to look after the details of cleansing the body as it should be cleansed.

Possibly you are not yet satisfied with what you think are the causes of fever.

We assure you the cause of fever is always and forever the vital force and alone the vital force.

The obstructions which the vital force is endeavoring to get out from the body may be of many kinds and when these obstructions show themselves in the first place then we have an opportunity at once to assist the body and to get rid of these obstructions and then we have "broken up" or "aborted" the "typhoid fever."

Can we do this?

We assure you it can be done as easily as to let it run along and have a "run" of fever. In fact far more easily.

There is no more need of having a "run of fever" than there is need of having the foot cut off to get rid of the pain and fever in the foot when the splinter is in the foot. Nor, is there any need of poisoning the body to "reduce the fever."

Every time there is any fever in the body, there are some obstructions in the body that the vital force is trying to get out.

Every time there is any thing like typhoid fever we have a certain set of symptoms in the body which show that the obstructions are in the skin; in the liver; in the bowels; (and these obstructions are not germs until the intestines are already diseased and then somewhat putrefied, for it would be impossible for any set of germs to obtain a lodgement when the intestines were in good order) and all over the body.

When these doctors say the blood changes commence in about two weeks they are right in a way.

But can we tell what causes these blood changes?

What makes these changes? What causes the blood to "change?"

Why is it that these blood corpuscles should have to change?

We are now coming to something which the books will tell us nothing about and possibly we may have to go somewhat slowly until we have all the ideas in the head.

Why should there be "changes" in the blood after the typhoid fever has been on about two weeks?

This time is what the doctors call "The period of incubation."

The fever cannot incubate.

The fever is caused by the vital force. It is never something that hatches in itself, or, that anything else hatches.

When the splinter is in the foot, what "incubates?"

Nothing incubates. Nothing hatches. Nothing grows.

There comes pain, heat, redness, swelling. Do these constitute a fever? The pulse is raised and the temperature is higher in the foot. There is a fever in the foot.

Does anything "incubate?" Nothing.

The incubation theory about fever is a fraud. There is nothing in it.

But it is a fact that the splinter will become a provoking cause if it stays there in the foot, of a still more persistent effort of the vital force, and when this vital force has thrown out all the dead corpuscles then we see there is some "pus" there, and then, if we wait long enough, the vital force will allow the chemical force to do its work and we may see the dead corpuscles "rot" or putrefy

or come away from around this "splinter" and it will be thrown out from the foot.

The vital force will affect this, if it has a chance.

What makes the changes of blood which these fools call "blood changes."

They are caused by something.

Are you really all ready? Are you thinking?

These changes which are called "blood changes" are the changes from life to death.

Sure. When the blood corpuscles are in the body and have no drink, they shrink. They shrink for want of water. Then they may die.

Ask the physiologies.

When there is not sufficient water in the system the body shrinks.

The body shrinks in typhoid fever because there is not water enough in the body. And this is the reason why the blood corpuscles die and when they are dead blood corpuscles in the blood—among the live blood then we know there are blood changes.

Why should they die?

The blood corpuscles die because they are poisoned by reason of the presence of some poison in the system or something in that body which is no good for the life or power to exist on.

Is this plain to you.

When the blood corpuscles are in good order and are properly fed there can not be any death of the blood corpuscles except from death or from some exhaustion and sometimes these corpuscles may go into some other tissue. So they tell us. Or, from old age they die.

But of themselves, they would not die if they were properly taken care of.

When they are not taken care of, they may die.

Then comes these changes which the doctors "attribute to fever."

They have nothing to do with the fever.

Fever is an effort.

An effort of the vital force, through the corpuscles, through the nerves and all the rest of the body as well as the brain, to send away materials which are in the body and offensive to the body.

Fever could and would not change the blood corpuscles.

The effort of the vital force would be to save the corpuscles that are dying and dead.

Why do they die?

They die because they are not nourished.

Because they have nothing to live on.

Corpuscles will cease to exist in the body if strychnine is placed in the body.

If you take corpuscles and chill them while they are inside the body, they will die.

You can drive the breath from the body and the corpuscles will die.

When you prevent the lungs from having pure air the corpuscles will die, sure.

The natives of France, when they wish to commit suicide, burn charcoal in the room and this shuts off the good air and makes the carbonic acid gas go into the lungs and the corpuscles die.

Then the heart stops beating and the next thing is the coroner and jury to say where and when and how they died.

But the corpuscles are dead. Dead to stay dead.

So, when there are obstructions in the body, and the blood corpuscles are no longer nourished, then they are starved for food, starved for water and famished in lots of places for want of pure air and other things which we will speak of later, and then these blood corpuscles die and when they are dead then these fellows say, "blood changes due to the fever."

They are mistaken.

The blood changes because they are starved or illy nourished.

The corpuscles die because they do not have enough to eat or to drink but the "fever" which is the vital force does not cause the blood changes.

It is the condition of the body, in respect to being nourished or something else which causes the corpuscles to die.

When they die, they do not leave the body; but they remain in the body to clog up the rest of the blood current.

Then we have some of these blood corpuscles dead and some living corpuscles in the great blood stream.

Thus we have "changes in the blood."

When there is no water allowed or when impure water is sent to the starving blood corpuscles, then we would naturally expect the corpuscles to die.

This is often the case in many instances of typhoid fever and this starving the patient for want of water would be another cause of "changes of the blood."

But the greatest cause of changes of the blood might come because the blood corpuscles could have been killed because of the

foul smells and the retained secretions and materials could be kept in the body.

Let us explain this to you.

A man or woman does not wash daily.

The amount of excretions which should pass from the body is about forty-five ounces from a healthy man or woman if they are in good health and weigh about one hundred and fifty pounds.

We might suppose a man would excrete something like twenty ounces each day if he is in good condition.

This is the amount of excretion from the skin; beside the excretion from the lungs, bowels and kidneys.

As he has not washed the body as often as he should, there have been retained ten ounces each day which should have passed off through the skin.

The material should have gone off through the skin, but as the pores of the skin were not open, then this old and worn out material would be kept in the system to poison the blood.

A part of this amount would be sent to the blood stream which would go out through the water from the kidneys and the bladder.

A part of this old stuff might pass through the system and some of it come out through the lungs, in the shape of a bad breath. Another part could be sent off through the bowels.

Thus each day there could be something of this ten ounces which might be sent off through other channels of the body.

But let us think that all of this might not have passed off and that in this case, there were each day, something like three ounces which were retained in the system. The body would have, actually three ounces which would be worn out material and would be three ounces too much. Three ounces kept in the body.

All right.

At the expiration of ten days we would have thirty ounces and in thirty days we would have ninety ounces of useless matter in the system.

Where would you think this useless matter would be sent?

Would you not think that much of this ninety ounces might be sent to line the intestines and that the vital force would make an effort to have this great and increasing amount of old material sent off through the bowels?

Now think a moment.

Here is some material which should be sent off through the skin and yet has been kept in the body for some time and may have been sent on to the inner sides of the bowels and is now lining the mucous surface of the intestines.

In other words, there may be an amount of material which should have passed off as effete and worn material through the skin long and merry ago, but which has been retained and is now in the whole body, but some of it is in the intestinal canal, and this stuff being where the air and food can reach it, (as the food is not wholly digested,) ferments or becomes putrefied and thus we have a mass of putrefied matter in the body.

Then, we do not have to go any where to find germs.

You can look in almost any authority and find out that the intestines can be filled with germ life, even while in health.

When you have made a fair calculation of the amounts of materials which should have passed off through the bowels and which should have been outside of the body, instead of being in that body, we do not think you will have to go to the soils—or to a “specific germ” and to outside causes for having much putrefied matter in the body and when this putrefied matter is set loose from any cause whatever, then we shall have the intestines diseased and we shall have all the germs needed to produce lesions in the bowels without recourse to the “contagiousness of typhoid fever.”

We ask of you, why should you think of any outside causes when there are plenty of causes for germs at home? In the intestines of the great unwashed.

It never should be necessary to have any “previous” case of typhoid if we only could look at the conditions of the blood of the great and unthinking “unwashed.” And this includes a very great multitude.

Think of the condition of the blood which has never been cleansed daily.

Think of these intestines which have not any cleansing from one month to another.

Think of the skin which in many cases, is so bad that the owner of that skin will not wash it from one month to another.

You will agree, if you would take time to consider, that this must be a filthy body which is seldom washed all over when that skin should have a bath every day.

You will acknowledge that when a body is filled with undigested food and is also filled with food which is unfit for the body, although it may not show every day, yet, after a time, there will be an effort of nature, or, the vital force, to overcome that condition and when there is a concerted action of the vital force; all along the line, then you will see this effort raise the temperature—quicken the pulse: make the diarrhea come; send messages to the head, then we have

the headache, and when the skin is dry from lack of moisture then we will have a dry and husky skin—a skin which will be hard to sweat, and the tongue will be dry and turn brownish or blackish, because there is no moisture in it, and because there are putrefactive matters which are showing themselves on the tongue.

We say— when we have considered all these things and symptoms—all of which we may account for, by the plainest and simplest of the reasoning faculties and they are equal to mathematical rules, then we ask, should we need to have to study all about the water supply or some germs to account for all of these symptoms in these cases of typhoid fever?

Not at all. We can consider the conditions and we have all the explanations we may need to have.

What then should we do with all of the facts which have been so assiduously collected from so many different sources?

We will answer this for you. This has occupied our mind. These chaps formerly dazzled us.

We do not hesitate to purchase every allopathic text book.

Why? Are they any good?

As medical books, we say, they are no good in the world.

But as retailers of facts in a certain light, they may be all right.

But, this mass of knowledge is of the utmost use in teaching every man what precedes or goes before these cases of Typhoid Fever and in this knowledge, when we have it, we can see where we can prevent our little ones from having any disease like fever by keeping them away from these conditions which have preceded all cases of Typhoid.

When we reason this way it will not be thought too much that we introduce to you the authorities (so-called) of the world. Authorities of all civilization.

And, when you have these cases in your mind and see other cases, there need not be a moments' hesitation when you come to the bedside of one suffering from any condition of fever. You will remember these cases from Europe and all over the world and you will be sure that something—some condition of the body—and some outside contamination has gone before you with this case of fever and that you are only seeing the ending—the result of the conditions through which this fevered body passed before you see it laid down with a "Fever."

No germs brought it to the bed of Fever. But, filth of one kind or of another has been and is now in this fevered body and nature or the Vital Force is making this effort and we see the effort and call this effort—Fever. And we are right. We are sure that we

know what to do when we have have one of these cases on our hands.

We will not have to fight the "Special Dispensation of Providence;" nor do we have to fight any germs; nor any "auto-infection. But, we know that we have a body that inhaled, imbibed, or, absorbed filth and we have to go to work and get rid of this filth that is in the body. Before we can get the body restored to its natural state. And then the fever will be gone away.

In this manner all of these extracts are of the utmost use in teaching us what others have gone through with these conditions, even if all their suppositions as to the causes are erroneous.

They have the typhoid fever germ down to a fine dot.

Because they have this germ all pictured out, shall we believe this germ ever causes "fever?"

Oh no.

The germ causes nothing.

The germ is sequel or a following—a result of this filth being in the body.

When this filth is in the body—no matter where it may come from—then we know the vital force will make an effort by and bye to overcome that filth and get it from the body and when this is being done we shall have the elevated temperature—the quickened pulse and the dry skin which denotes fever and when the diarrhea is presented and the headache and other things, we will not have to account for that fever only by the most natural means.

But the FEVER—is not this fever caused by something else than the vital force?

We say NO. Never any fever without the action of the vital force and if there is no vital force there is never any fever.

The fever is always and forever the action of the vital force and without the vital force there is never any fever.

The fever never kills.

It is the filth which makes a condition which kills.

It is the poison and the foolish medicine which kills.

Fever patients would, as a rule, get well sooner without the doctor than they would with the attendance of the doctor.

We tell you this frankly.

When the fool of a doctor tells you he can "reduce a fever with Aconite" he could say also, "I can cut a throat with a knife."

It would be as humane a saying and as sensible a proceeding.

The fever is the effort of the body or the effort of the vital force and the "fever" SHOULD NEVER BE REDUCED.

We should CLEANSE THE BODY by pure air and pure water and



then we will not have any effort of the vital force and there will not be any fever.

This so far should be plain to you.

Can we harmonize all the stories which these allopaths tell of the cause of the water supply and of the cases of all of their "fever" outbreaks?

If we cannot take all of their testimonies and make them fit into our statements then we should not think we could do any thing with this vital force theory of fever.

But we can.

All fevers are from the vital force, which is irritated, provoked and disturbed by the foreign materials which are in the body and when the vital force makes the efforts to have that filth out of the body, then we have the fever.

We do not have any fever until nature makes the effort.

The body may be growing gradually dirty and may be slowly filling up and all this filth may go to some spot in the leg, ankle or anywhere and we have a running sore on the skin or, on the ankle or some where else.

Or, this filth might find some place about the hip and we could have a hip disease.

Or, we could have a chronic diarrhea so as to carry off the most of this vile material and then we should not have the effort of the vital force at once all over the body and of course while we had a chronic diarrhea we should not expect to have a typhoid fever.

And we so find it.

In the cases of rheumatism, then we see that there is great ache in some parts of the body and the muscles are swelled up and we may have a case of "acute rhematism."

This might be seen and the attack of typhoid fever be passed off in that manner.

Or, we could have these intestines so dreadfully filthy that every time the peristaltic motion was thoroughly set up we should see a convulsion and then we might say, "oh, what a bad case of epilepsy."

When this stuff which we have described as coming from the skin and from filthy intestines is sent on the nerves and the nerves are disturbed, then we can have a case of chorea, or as they call it "St. Vitus Dance."

In all these cases it is not the filth and other effete materials which cause the manifestation, but the vital force which causes manifestation and the old and filthy materials are the only provok-

ing causes which irritate the vital force to act in this energetic manner.

Do you see through this?

This is easy to see through.

We tell you that the vital force never acts in this energetic and feverish manner except in its desire to cleanse the body.

It is the action of the vital force which shows all the phenomena of the living body.

The germs do not do it.

Foul water and foul air can never show themselves in the body.

But, they can poison the blood corpuscles and thus irritate the vital force and this vital force will make certain efforts to run the old stuff out of the body by one channel or another and then we see what are called "manifestations of disease."

But this is a wrong word.

There is no such thing as "manifestation of disease."

It is the manifestation of the vital force which we see and nothing else.

We see the diarrhea. What makes the diarrhea?

The diarrhea comes as a result of the effort of the vital force to clean the body and is present because the life power in the body is trying to send out some old material in the intestines.

This would be seen as easy as not, if you would think a bit.

When you have the pain of rheumatism,—then you have pain from some portion of the body telling you that you have some dead blood corpuscles or filth at that point which should be cleaned out and that unless you will assist in cleaning out this portion of the body you will have these continuous messages and you will call these continuous messages—PAIN.

When you have cleansed those muscles by means of baths you will not have any more messages and all the pains will be gone.

When you have cases of Diphtheria you only see nature, or, the vital force trying to get rid of filth and fats and dead blood corpuscles which should have been passed off some other way, but having come to the throat are becoming putrefied and will be so putrefied that you will lose the case if you do not know enough to assist nature to carry off that material before it putrefies and passes down into the lungs and heart.

Possibly, with all this argument, you might not be able to see through these efforts of the vital force and if you still cannot see these efforts of the vital force, or if you will not think of the vital force then would you think of the results of the splinter being in the foot? Or, in the hand? And think of what happens?

Do you think the splinter makes the swelling?

Does the splinter cause the pain?

Can you think that the splinter causes any message to go to your brain?

Is the splinter endowed with life, that it should make your flesh to swell? To grow red? To be painful?

You know better.

If you think there is any action in a splinter, go into some woods and look at trees that would make thousands of those splinters.

Will they do you any hurt?

Oh no.

They are harmless.

But let some one place one of those splinters—not to say any thing about a thousand of those splinters—place one of them in your cheek and see how you will squirm and cry out for some chloroform while the doctor comes and cuts out that offending piece of wood.

Does the splinter do anything?

Not one thing.

It can do nothing.

It has no life.

A dog could bite you and when the bite was over, you would still have the pain of the bite.

The dog is gone home to its unthinking owner.

But that bite is on your leg and you say you are having some pain.

The dog is not hurting you now. Is he?

No. The dog is not touching you now.

But you say the bite hurts.

Could you explain this?

The bite hurts.

Does the bite hurt? Really?

No. This is not correct.

The bite is there.

There is a place where the teeth went in and you could kill the dog.

Possibly you did kill the dog. Yet the bite is there all right.

Why?

Because there is some place in the skin or in the muscles which have been injured and at that place the nerves are sending you up messages to your brain, that there is something which is wrong at that place and that you need to assist that place to get it in

good condition. There is some obstruction to the circulation at that point.

Can you see through this?

The biting of the dog's teeth are no longer there and yet the place aches.

Why? Because there has been some injury to those muscles and to those nerves and you are constantly being reminded that you should assist those nerves in covering themselves up.

When you soak all that place in warm water and the wound closes up and will be closed up by means of the work of the vital force and not from anything you do, although you may assist the vital force by soaking all the old material from that place—and you can assist the vital force by having all of the skin clean and by taking away, by sucking it out, or by soaking it in warm water—I say you can assist the vital force by having all the parts cleansed and then your aches will be gone away.

Why? Because the vital force will not be sending you any useless messages when there is no need of it.

Can this be plainer to you?

When the dog's teeth were gone, then you still had some feeling there, and you said "it aches."

Why could it ache when the teeth of the dog were taken away?

Because there was an injury to the muscles and to the nerves and to the skin, and this vital force kept telling you there was something which was wrong in that place and that message was a source of ache to you. Some obstruction.

If the ache is there, WHY is the ache there?

The ache is the message and is from the vital force transferring the knowledge to your brain, that some thing is wrong at that place.

This message is something which you call pain.

Never since the world began and the morning stars first sang together, did any one ever explain what pain is. Do you understand what pain is? Or an ache?

A pain is a message being transmitted by the sentient part of the body, by means of the vital force—to another part of the body—that informs you—the intelligence of the mind—the soul—that something is obstructing the operations of the vital force, or, the intelligence that governs the body.

Pain is a message from one part of the body up to you—who are dwelling in this body—you who dwell in this house of clay—that at the place where the pain comes from, that there is some obstruction to the operations of the vital force, or to the governing force

of the body. If you can understand this and think it out, you can take charge of the medical part of your family.

If, like the unthinking and ignorant allopath, you think that it is your duty to "relieve pain" you will like the other medical doctors—become a butcher. A killer. You do not want to relieve the pain, but you should know how to take away or assist the V. F. to take away the provoking cause of the pain.

When the provoking cause is taken away, then there will not be any pain because there will be nothing to send any message for.

Consider, that when the "fever" is on, there are a thousand messages to the brain that something is the matter in the liver and one has a dreadful headache.

There is nothing especially the matter with the head, but when the head aches you may be sure that there is something the matter with the liver.

When the liver is clogged then you may be sure there will be a headache.

When the back aches, then you may be sure there will be something the matter with the kidneys. Or, with the bowels.

Do you think of all the aches and the pains which are in the body as being simply messages from some part of that body to the brain so that you can know there is something wrong in the body?

The pain is not a Thing. It is a message.

It is a message which is sent by the vital force so that you may know what is going on in every part of the body.

The bite or the splinter are not pains. The pains are not the splinters nor are the messages, bites.

Neither is the fever a thing. The baccilli are not the fever.

The fever is the effort which the body is making.

We think of this in so many ways and so much desire to have you understand this so you can understandingly treat the cases and have each case grow better as fast as you take it in hand.

You can do it if you will only understand how you are to act and what you are to act on.

In the case of fever, there are the symptoms which are made by the vital force and these symptoms are not the reasons of your actions but they show you how to act.

Let us run over the symptoms and see what we should do and why we should do it.

There is a dry skin and a flush on the skin.

What shall be done?

If the skin is dry and flushed, we know that the skin lacks

water and if it is parched we know the outside covering needs moisture.

How shall we moisten this dry skin?

By placing water in contact with the skin. By giving the corpuscles a chance to absorb moisture and when we do this, we will have skin which will not be so dry.

What else?

The skin, having absorbed moisture will be able to allow some of this moisture to pass into the blood current and thus we shall moisten all the corpuscles in the body.

This is the fact.

We can place the water in contact with that skin and after a little, we shall find the skin dry again and we wonder where the moisture has gone.

We do not have to wonder long.

The skin becomes dry and we wash or apply the moisture again and then we find there is more moisture, apparently than before.

We wash the skin the third time in a few hours and we find there comes an easier and softer sensation to the skin than there was in the first place and we also find that we are "reducing the fever." Why?

Because we have added so much water to that already dried up body and when the corpuscles have all the water they want, they will cast off the effete material better and when they cast off this stuff, then, there is not so much need of any effort and we find out this fact and next we say "the fever is reduced."

Why is the fever reduced by this washing?

Because the water has gone into the blood corpuscles and they are able in an easier manner to send off their effete material and when they can do this there is less effort than when they were not able to send off this stuff through the pores of the skin.

When one has washed out these twenty-eight miles of tubing of the body, then we shall have an easier road for the blood corpuscles to travel and throw out their effete material and then, when they do not have to make so much of an effort, we do not see so much effort, and as the effort is less, so is the fever less and we, accordingly see "the fever reduced."

The fever is reduced, because there is no need of so much effort of the vital force to throw out the old material and therefore, when this effort is not so much "the fever is really reduced."

You will soon begin to see why we are anxious to have you get hold and be sure of what is the very first cause of "fever."

It is not the germs. Not the water. Not the smells. Not any-

thing but the vital force which causes the fever to rise and all the other symptoms which appear to be so formidable. when we see them together.

But, these germs—these smells—all this vile water that has been taken in by the body when drank or washed in it—all the milk from some cows who did not have any ventilation and from cows that did not have good water to drink—because the milk man did not know anything about God and has never been introduced to the Lord Jesus, all these vile things, germs if you desire to have them so, all these entities had gone inside of the body and had defiled,—made filthy, loaded up, the corpuscles and had stopped, or obstructed these corpuscles from going about their duties. So the vital force makes an effort to carry off this old filth, this old and offensive stuff that came into the body by the water drank or used in any way, to carry off the effect of these smells and the germs—may be—that were in these vile material things that had found an entrance into the body, and when this effort is being made altogether, as the sailors used to say “all together with a will,” then, when we see this united and determined effort of the vital force, we see what is called a fever.

May we repeat this to you so that no matter where you are and what you are you will understand that when you see this fever, you know more than all the doctors who are on earth in a bunch.

Or singly. Or any other way. So that your Intelligence knows the facts.

You will reduce the fever by taking away some of these old materials that have gone inside of the body and are there bothering and obstructing the Vital Force preventing this Vital Force from having this body in the best of condition. And please do not forget this. If it has been sent to you—if you understand this—just thank Jesus and read where it says (Rev. xviii-i.) an angel came down and lightened up the world! the writer is not an angel — but very weak specimen of humanity who has suffered at the hands of these pagan Medical priests. When the whole world is lighted up with knowledge from every side, why should this Hide bound “Code of Ethics” Club and trust, prevent some little light in on these medical frauds of to-day? Answer this please.

If we are right in our ideas, the lord Jesus is going to brush all kinds of sickness from the earth. But, it will be Law and the knowledge of the law and how to become obedient to the laws of life.

What did we do to reduce this fever? We simply washed the outside of the body.

By washing the skin, we have sent water all over the body and as fast as we sent the water to the skin, so fast we gave the corpuscles a chance to take in their lost water and water which they should have had long ago and when we have done this, we have washed, or assisted to have these corpuscles to wash themselves out and become clean.

When the corpuscles are clean there will be no effort in the body and we will have no fever.

Can we do anything else to reduce the fever?

Mind we are not telling you how to treat this fever ; we are simply explaining to you and asking your consideration of what fever is. What causes the fever.

Now, can we do anything else to reduce this fever in the patient?

We will see.

There is a diarrhea.

Why is there a diarrhea?

Because nature or the vital force is trying to send out some of this old and worn out material through the bowels and while they are trying to carry off this stuff through the bowels, we can smell the dreadful odor which is said to be a particular typhoid fever smell. We will help this. How can we help it?

We will give an injection of warm water to the bowels.

Where did we learn this? Of A. Wilford Hall Ph. D.?

No. Long before A. Wilford Hall laid sick on the bed there were old water cure patients cured by those who were called water cure doctors and these injections were then in use so much that we know very well what an injection of warm water means. We knew it before Hall got sick. We knew all about it.

We will give an injection and see what results it will have on the body of this sick and fevered patient.

There comes away much old stuff which is ancient and effete material and we think that there should be more of this stuff where this came from.

We give much more water the second time, because having passed off this stuff there is more room in the bowels.

The bowels have been moving very frequently but we shall not have so many movements and diarrhea will be almost stopped. Why? Because the injection cleanses the bowels.

We give the second injection and find the patient will hold far more than he could at first.

Why? Because we have cleaned out the bowels so they can have room for the water to go up. Here is the passage.



Do you see the flakes which have been lodged on the walls of the bowels?

These are not the causes of diarrhea. The vital force was the cause of the diarrhea. But the vital force was trying to get rid of this material which was on the sides and linings of the bowels and when it was making the effort to get this stuff out of the bowels, then we saw the diarrhea. But the diarrhea was not the thing which was hurting the fevered patient.

What was hurting the patient was the old material which was in the bowels. As we are getting this old material out from the bowels we shall find there will not be so much diarrhea nor so much pain.

What else?

We will tell you something else which will come from this injection of warm water and this will be an increase in the action of the kidneys and there will be a greater flow of urine from the bladder.

Why?

Because this warm water, passing through the colon, will also pass into the mucous surface and then it will be absorbed and then the kidneys will have some of it and we shall find the urine more free and larger in quantity.

There will be more of it.

More urine, apparently, because part of this water will be taken up by the kidneys and when the kidneys have more water they will act more freely.

You can note another fact right here, which the homeopathic doctors nor any of the allopathic nor their books will ever tell you in any way. It is this: In nearly all cases of typhoid and in many other conditions of fever the urine will be reddish or highly colored. Then what? The old school used to give sweet spirits of Nitre. Was this good? Oh no. It was very far from being good, but they thought they had to do something, so they gave nitre.

After we have given an injection of warm water, or better still, after we have given an injection of infusion of catnep to the bowels and gotten away the old flakes from the sides of the bowels and the infusion has staid in the bowels from one to two hours, we will note that the urine is less high in color and there is more of it. In short, we have changed the color and quantity of the urine from the Kidneys.

And here is another thing that these doctors do not know—or knowing—do some very tall lying about. The older women in the colonies did the doctoring. They were adepts in the art of applying these Native herbs which grow in our fields. Every summer they gathered them—dried and had them ready to use.

When sickness came, these elderly ladies were ready with their teas and simples. But, when this Medical Octopus came out in its trust, we see them making fun of the "old women" and their teas. "Yarbs and roots," these wise, just fledged, young doctors said.

Now observe—the old ladies used herbs. Allopathic poison school doctors use minerals. "Most powerful poisons make the best medicines" say this poison school. With herb infusions going into these bowels or down the throat, we do something. What? In every condition of these blood corpuscles these infusions are grateful. Why? Because these herbs in infusions, will furnish food for these corpuscles and really do these corpuscles good in their little bodies. When they are laden full of old material, these corpuscles can use these infusions so as to cleanse off both the stomach and intestines. Even the baby when just born and there is no milk for it, will be much better off for a few mouthfuls of a weak infusion of catnep. Why? Because this catnep supplies something for the Vital Force to use in its duties.

You cannot wonder the allopathic doctor lied about the old women. Every thing and every person who had any sense must be gotten out of the way before the Mercurial poisoner could have full swing. Let the allopathic liar be accursed. Shun him and his poisons. Keep the ignorant homœopathist out of your house. He is a licensed, dumb, poison giver. No truth or honor in either of them and no sense or reason in their methods. Herbs are foods for the blood corpuscles. If placed in infusions, and diluted, we have them in the best condition to do good to these corpuscles.

What made the kidneys more free? The Infusion of catnip? No. The vital Force, being supplied with moisture of a grateful kind, sent off some of the old water in the system and thus we had more urine pass and it became lighter in color. And the headache was very much relieved, because there was more liquid in the system. Because there was not so much tension on the nervous system as before this injection was sent into the bowels.

Besides this, the blood corpuscles grow large when water is taken into the system. Blood corpuscles grow larger when water is in the system and they are smaller when there is no water in the body. Who says so? Pavy, of London. An old school student or doctor. Oh, we are telling you that the poison school of medicine does not understand its own text books. If they do, why do they give Calomel and then refuse the fevered patient water?

We have assisted the vital force. The vital force has had some

help in cleaning out the house. (Body.) Because we furnished liquid.

Then the kidneys will be cleaned and we shall have less backache.

Here we find something to do which would and will reduce the fever and yet we have done nothing to drive away the vital force as is recommended by these text books.

That is we have done nothing as they advised. We have assisted the body to get rid of some of its filth and in this we have helped the body to become clean and by this assisting the vital force to cleanse the body, we find we have reduced the fever.

We ask you to consider another thing.

We have already reduced this case of fever by those two actions; viz—

1. Washing the surface of the body.
2. Giving an injection to the bowels inside of the body.

When we did these two things, then we had something accomplished which was assisting the vital force to clean and keep clear the entire body and we found the fever was really reduced. That is, the fever was absolutely less.

Can we account for this, so as to have an understanding of the causes of the fever?

We think there is no doubt but what this can all be accounted for.

*a.* When we wash the surface of the body then we add water to the body and in this adding of the water to the body, we helped the red blood corpuscles to take water and when they took water they were in better condition so they could carry off their extra loads which were in the body.

*b* We also opened the pores of the skin so that the capillaries could throw off their little loads of dirt on the outside of the body through the skin.

*c.* The blood corpuscles are larger when they have an abundance of water.

*d.* By the injection, we cleaned off the mucous lining of the colon.

*e.* We sent some water where it could be absorbed and thus we assisted the kidneys to more fluid and assisted to cleanse those kidneys.

*f.* When we had assisted in cleansing the kidneys we knew that the heart would not have to labor so hard to get the blood through the capillaries, because those capillaries were more open than before the washing and before the injections to the bowels.

*g.* The little brains of the heart would not be so much clogged

after the two proceedings and they could do more toward driving the blood to the lungs and thus this water business would assist in cleansing the bronchial cells.

*h.* By giving the injection to the bowels there would be an action of the liver which was not there before and thus we have assisted in cleaning the liver.

*i.* In the addition of water to the bowels and to the skin, we have added liquid to the great volume of blood which is in the body and thus we have fed the starving and famishing corpuscles who are always famishing when there is a fever in the body.

Have we done anything that is usually advised? Nothing.

All this treatment is never advised by the doctors. They write prescriptions and advise medicines to blind the eyes of the people.

The people are taught to think that germs are the cause of the fever and to kill these germs is the first duty of the doctors.

Oh, we see your idea. You think because we have not said anything about what the other doctors say, we should have some respect to them—possibly we should call in counsel and hear what they would advise.

Let us call some one in and see what they will say.

Whom shall we call?

America or England?

You want a regular doctor. Some one who is not an "irregular" and some one who is not afraid to speak his mind.

We will call Thomas Hillier, M. D., of London, England.

He is also "fellow of the royal college of Physicians, Physician to the hospital for sick children and to University college hospital, London."

He is the author of "Diseases of Children" and he says it is a "clinical treatise." This must be good authority. Do you not think so?

Here is the way he treats a case of fever and we shall have all we wish to have, if we will think of his ideas while this case was being treated. He does not say so much of his idea of fever as his actions show what he thought.

It is true, he is treating a child, but the treatment would have been on the same line and as we are at his book, (which is just as good as if we were in his house and hearing him talk,) we can read what he writes about his treatment and see if it is anything as ours would be. Here is this regular allopathic Englishman with a long string of titles and he commences to tell about a typhoid fever patient of his. Page 342.

"The following case of typhoid fever was remarkable for its

mildness till about the 17th day, and from the occurrence of scarlatina on the 29th day, which proved fatal in six days, with double pneumonia.

Susan Jessop, æt. 5 years, became sick and languid on the 14th of September. She had been living in a badly drained house, her brother is dying of typhoid now.

Sept. 15th. Was feverish; her bowels acted once; complained of headache, pains in her limbs, and has lost appetite.

16th, at 9 p. m. Temperature of axilla 102.4°.

17th, 10 a. m. 100.6°. Pulse 132. 6 p. m., 100.8°.

18th, 4 p. m. Her appearance is not typhoid; cheeks pale, eyes clear and expressive. Lips dryish. Tongue moist; two lateral streaks of white fur, with redness at tip-edges, and center. Pulse 132, small and weak. Respiration 32. No cough. Skin not dry. No eruption. Abdomen normal. No headache or delirium. Bowels open once in 48 hours after castor oil. Stool of semi-solid yellowish fecal matter.

But for history, it would probably at this period not have been regarded as a case of typhoid fever, so ill defined were the symptoms.

Sept. 19th, 9 a. m. Temperature 100.1°. Nitro-muriatic acid mixture, beef tea and milk. Slept well. Bowels open once, motion loose, whitish. Looks a little more oppressed, disposed to cry. Pulse 132, weak. Respiration 18. Skin looks everywhere indistinctly mottled, almost as if a typhus rash were coming out. No spots. Tongue less furred, redder. Some sibilant rhonchi at apices of lung. 6 p. m. Temperature 101.5°. Pulse 120.

**SIBILANT.** Means wheezy or hissing.

*Rhonchi* from the singular of *Rhonchus*—a snore.

Apices—plural of Apex—the summits of the lungs.

Which meant to say that the little girl was WHEEZY in the lungs. All the symptoms showed that the entire body was filled up and should have been cleaned out. But as we shall see, this doctor had no idea of cleansing the body. He was a drug giver—a *regular*, from the ground up.

Why should this little girl have been wheezy in her lungs? In the tops ("apices") of her lungs? Suppose your little girl or boy is wheezy at the top of the lung. What makes this condition.

It is because there is an excess—a too much of something in the blood and it cannot be sent out through the regular channels and V. F. brings it to the top of the lungs in the hope to get rid of it.

What should we do to clean it out? Give injections to the bowels. Pack the chest if the body is warm, give the child freely of warm spearmint tea. This will enable the blood corpuscles to send out the excess of stuff—starch, bad air, filth from milk or whatever else may be there—into the bowels or kidneys and these lungs will be free again. Watch what this allopath is going to do.

20th. 9 a. m. (7th day.) Temperature only 99.3°. Pulse 120 weak. Skin still a little mottled. 7 p. m. Temperature 100.5°.

21st, 11 a. m. Temperature 98.8°. Pulse 128. Looks almost well, but pale; no typhoid spots. Tongue natural. 5 p. m. Temperature 100.1°.

22nd, 10 a. m. (9th day.) Temperature 99°. Pulse 132. Bowels not open. Is more cheerful. At the evening visit, her temperature had risen to 103°.; nothing detected to explain this rise. Tongue a little dryer.

23rd, 11 a. m. Temperature 99°. Tongue moist. No tympanities. No eruption. To take a drachm of castor oil. 5 p. m. Temperature 101.5°.

24th, temperature 101°. She looks pale but lively, sits up and plays. Bowels open 3 times after oil. Motions said to be pale. Spleen not to be felt. No fullness of abdomen. Pulse 138. Was allowed fish.

25th, 5. d. m. Much as yesterday. Bowels not open, Pulse 120, quiet. Temperature 97°.

26th, 9 a. m. Child is cheerful. Tongue, too, smooth and moist. Temperature 97.6°. Pulse 112. 6 p. m. 104°.

27th, 11 a. m. Temperature 99.2°. Tongue moister. Pulse 100. Still more lively.

28th. Temperature 99.6°. Pulse 98. Seems pretty well. Tongue still rather red and dry in the centre.

29th, (16th day.) Temperature 100.6°. Pulse 96. She seemed so well, and her appetite was so good, that she was imprudently allowed to have meat for dinner.

30th. Temperature 101.2°. Bowels open. Motions quite natural.

Oct. 1st. Not so well. Does not care to sit up. Temperature 102.6°. Pulse 110. Tongue moist.

2d. Temperature 101.6°. Pulse 108. Seems better. Tongue red. Bowels not open. To take 2 drachms castor oil.

3rd. Tongue dry. She seems heavy and listless. Bowels open twice after oil. Motions said to be natural. Temperature 104.6°, Pulse 118.

4th, 9 a. m. Temperature 103.2°. Pulse 127. Tongue dry and hot; has lost appetite. Bowels not open. 6 p. m. Temperature 104°. To leave off meat.

5th, 9 a. m. (22d. day.) Temperature 104.8°. Pulse 136. Was delirious in the night. Tongue dry and red; lips brown, Bowels not open. Some moist rales at bases of lungs. To have a mustard plaster on back. Ammon. carb. gr. ij.; liquor cinchonæ; mx; syrups, dr. j aqua, dr. ij; misce, sextis horis, sumend; olei ricini, dr. ij; statim.

6th. Temperature 104°. Pulse 140. Tongue dry and brown. she is restless. Bowels open once.

7th, 9 a. m. Temperature 103.2°. Pulse 148. Bowels open twice; stools loose of a light color, 6 p. m. Temperature 104F.

8th, Was restless and delirious during the night. Bowels open once; stool watery light yellow. 9 a. m. Temperature 103F. Pulse 140. 6 p. m. Temperature 140F.,

9th, 9 a. m. (28th day.) Tongue dry, brown in centre. Pulse 160, weak. Temperature 102.8F. Was more delirious last night. Several typhoid spots have appeared for the first time although carefully looked for daily. 6 p. m. Temperature 103.2F. To take 4 oz. of wine. After the first 2 oz. the pulse was of the same frequency but less compressible,

10th, 9 a. m. Has had a quieter night. Temperature 103.4°. Pulse 154, not so weak. Bowels open twice; stools loose; yellow ochre colored. Some more spots.

11th, A better night. Pulse 140, not so weak. Tongue dry but less brown. Abdomen seems generally a little tender on pressure.

13th, (30th day.) Has passed two quieter nights. Lies in a listless condition, half dozing. She has a short cough with a tendency to sickness. Left side of face on which she lies is red and a little swollen. There is the appearance of a bruise on this cheek, said to be from having struck it against the side of the bed a few days since. Pulse 152 distinct, rather sharp, small volume. Alæ nasi move in inspiration. Respiration 48. Thighs and abdomen covered with branny desquamation. and scattered over the trunk is a fine punctated brown mottling, not disappearing entirely on pressure. On the back it is much redder. It reminds one of scarlatina on the 3rd or 4th day. Lips and tongue covered with a sticky dark colored secretion; some fullness of glands of neck with tenderness. Bowels have acted twice in 24 hours. Motions not loose, of a darker color. Dry rhonchi over base of lungs, with weak respiration; no dullness on percussion.

14th, Tongue moister, lips also. Temperature 103°. Pulse 140. Some tenderness at angles of lower jaws. This morning the rash of scarlatina was well out on chest, abdomen, back, and thighs. An inclination to sickness continues, which is aggravated by the child forcing her fingers into her mouth. Bowels acted twice. Motions solid.

15th, Tongue and lips moister, less tenderness at angle of jaw; throat on inspection seems to be generally red, not swollen or ulcerated. Will not take her food well.

18th, Gums on left side of mouth deeply ulcerated and sloughy.

The next day she died. The notes of the last three days of life are incomplete.

On post-mortem examination, the chief lesions found were lobar pneumonia of lower and middle lobe of right and lower lobe of left lung. Recent adhesion in right pleura.

Liver fatty.

Spleen large, weighing 2oz. 6 drachms.

Kidneys pale, opaque; not very notably changed.

Gums of lower jaw on both sides sloughed, the bone exposed. Cheeks not ulcerated.

Stomach pale. Glands of duodenum large. The lower end of the ileum in a length of two feet contains about 25 ulcers with free overhanging edges, exposing the muscular coat; they were obviously seated in the agminated and solitary glands. They did not seem to be extended in depth. Mesenteric glands large, free from typhoid deposits. The muscular tissue of abductors of thigh and recti-abdominis was carefully examined microscopically; but was not found to exhibit any of the changes described by Zenker as occurring after typhoid fever.

"Remarks.—A great mistake was made in the case in allowing the patient to take meat so early at the 16th day. On the twelfth day the temperature fell below 98°, and the fever seemed to be at an end; there had been no diarrhea, no typhoid spots and the child's appetite was good, and she did not look ill. Still we might have been sure that the Peyer's patches were ulcerated, and that the fever had not run its course. The late appearance of eruption, for the first time after the third week is remarkable."

If you have read this all the way through, you will see that in all his business he does NOT believe in injections to the bowels.

But, when the little one had died, then he cut those intestines open to find out what was the matter with the child. Allopathic and scientific.

Do you think when this medical fool and this regular doctor gave castor oil, that he knew anything of what fever was?

Not one thing. He had no more idea of the cause of fever and what to do in case of fever than if he was the biggest Hottentot on earth.

Think a moment. When this case was doing fairly well he gave castor oil.

When you read "oleum ricina," that means castor oil. You understand the rest of his prescriptions. He does not seem to know what to do and so did not do much of anything. The only vigorous thing this medical gentleman did was to cut her open after she was dead.

Shall we say we think?

We think that if the allopaths were ever going to have any sense the time has come for them to have it; but, bless your soul, an allopath is born without any sense and it is simply impossible after

one has graduated in an old regular school to have any good common horse sense. So it seems to us.

What would we say about such treatment? He did not know what to do and he could not have thought what was the matter with the girl, and yet he treated her for the space of about *thirty-four days* and during that time this high toned and famous allopath doctor did not do one thing to cleanse the system. According to his own admission, he did not have the body of the child washed all over during the whole time she was sick. Can you see anything of her being washed and feeling comfortable after the daily washing?

No. She was not washed but she was given CASTOR OIL. That devilish intestinal destroyer of the children.

Should physic ever be given in any case of typhoid?

We tell you that in these conditions—physic should never be given.

We tell you that in any case where there is the least suspicion of an eruptive disease the moment you give any physic you will injure the intestines by that physic and prevent the recovery of the patient.

Why should physic never be given?

Physic never acts of itself.

Take this very castor oil which this fool has given in "two drachm" dose when the child went to bed.

You will never catch this underhanded game of allopathic physic and swill doctrine, unless you are searching after the truth.

This little child had obstructions in her bowels and, in fact all over the body, principally in the blood stream.

The intestines were clogged up.

In these conditions, what should have been done?

1. She should have injections to bowels. Catnep injections.
2. Should have been bathed in cool water every day, with the hand.
3. No fish or meat should have been given under any circumstances.

4. She should have had something to have cleansed those bowels, whether that something would have been Sage tea, or the Elm and Cayenne tea, or some mild mucilaginous infusion as of Marsh Mallow root, or Chamomile tea, or anything appropriate to the condition, or distilled water and, if there had been any appetite there should have been the baked apple, or the ripe and sweet orange, which would have cleansed off those little intestines instead of sticking them up.



Did this Regular Doctor do any of these plain common sense things? Not one.

He was a regular and gave the routine treatment. And the little one did as thousands upon thousands of other persons have done under this regular treatment,—she died.

We desire you so much to have this great truth, because it is truth in every case of fever, and more especially in every case of eruptive fever.

PHYSIC SHOULD NEVER BE GIVEN.

Why? Because the physic does not act.

What difference can this make?

It makes this difference. If physic could act of itself, then it could pass through the bowels without calling on the vital force to assist in getting through the bowels.

But as this physic could never act of itself, is obliged to be wholly carried down by the acts of the vital force and while the vital force is carrying down this nasty castor oil, this vital force cannot do anything else and while it is at work on this oil, to get it off and out of the bowels, the eruption fails to come out and also there are some blood corpuscles killed and the vital force has not so many servants as before the oil was given. The presence of the oil has destroyed some of the weaker corpuscles which might have lived, if there had not been a dose of oil given.

Besides this, the intestinal canal is clogged up more after the dose than it was before the dose was given. You cannot think of this unless you reflect that these intestines are five times as long as the body is high and that they are porous in various lengths of them. Then think, that these pores are more properly LACTEALS, are filled with the grease of this castor oil and cannot act in the best manner. If water should go into the intestines there would be cleanliness and fast work because the intestines were made to absorb water.

But this grease is horrible to the intestines and it is so very bad that many and many a child is cross eyed from the convulsion of the body to get rid of this castor oil.

Perhaps the reader of this book, may think we are against castor oil.

We are. Sometimes it may be given to clear out the worms, but, we do not think that it is good in these cases of worms. Other things are better.

When we understand that all of these drugs irritate or worry the vital force and by their worrying, by their very irritating the lining of the intestines, they may make the vital force to act, and

nothing of the acting themselves, then we have the idea of what they are doing to these intestines.

Are Cascarets, Ripans Tabules, Beechams or any other fool pills any better? We tell you NO. Keep them all out of your patient. They all assist in destroying the intestines of the patient. And, think of the foolish mother, who denied the existence of any God and then gave her boy Castoria and saw him become cross eyed. We saw it.

Oh, but we desire to serve God and keep away from these latter day Juggernauts of physic.

Do not mistake us. We assert that we have seen many cases of cross eyes because they had given the child castor oil.

Physic is an irritant.

When this irritant goes into the intestines, then the vital force stops all its work and casts this physic out through the bowels.

Do you think, when the vital force stops to cast this physic out through the intestines, that it is able to do all the other tasks which are set before it?

For instance: the cleaning out of the house—(the body) at the same time?

We tell you no.

When this vital force is making this supreme effort to cleanse this house, then, when this physic—you can call it castor oil or any thing else which you think of, but it is all physic—and so stupidly prescribed and foolishly taken that one does not know which to berate the most—the folly of the doctor or the stupidity of the parents who allow their children to be killed—is in the intestines and the vital force makes an effort to have it out through the bowels.

Can you see what we are talking about? Or, do you wish to hurry and come to the end of the story and find out whether the fellow got the girl.

We think he did and they had a child and the child's name was Susan Jessop.

This child was taken sick on the fifteenth of September and developed symptoms of typhoid some time afterwards and on the fifth of October, twenty days afterwards, this aristocratic medical man of the allopathic persuasion gave her (oh, you can read it for yourself.)

“A mustard plaster on the back.”

Why in the name of ordinary common sense this should be applied to the back of a girl, we fail to see. But it is routine allopathic practice and thousands of fools keep on doing this without

a thought why they do it, any more than they think about the old negro Nimrod.

We could suggest a far more appropriate place on the body of the doctor and where it would have accomplished quicker results.

Then it was to have carbonate of Ammonia; liquor of cinchona bark syrup and water which was to be taken every six hours and the castor oil was to be taken immediately.

You see he puts this in Latin, so that if any common person gets hold of this book "Diseases of Children," they cannot know what to do.

"SUMEND" means to be taken.

MISCE means to mix.

SEXTIS means six.

HORIS stands for hours.

Therefore we think this dose of two grains of the carbonate of ammonia—the liquor of cinchona and the syrup and water were to be given to this child once every six hours.

"STATIM" stands for AT ONCE, or IMMEDIATELY.

And the OLEUM RICINI is for castor oil.

So we find that oil dose was to be given immediately. He was in a hurry for once.

Why should it not be given?

Because this oil is an irritant and the irritated vital force had all it could do to carry off the material in the system and then this fool of an allopathic doctor, ordered more strange and devilish irritants into the stomach and down into the intestines to clog up the intestines and the vital force would go to work and get rid of this castor oil the very first thing.

By itself, the castor oil (nor any other physic.) could not accomplish anything. But, when it went into the intestines, it irritated and worried the V. F. who could not use it up, nor do anything with it but send it out of the body and when the V. F. had sent it into the large intestines and also at same time, sent in something of the stuff that was there, then we think the castor oil acted. It never acted. It was only an irritant and the V. F. acted and sent it through the bowels. It never "cleaned out" the bowels either.

If there was any cleaning out, the V. F. has to do it. We can clean off the outside with water or with rubbing, but when we attempt to "clean out" the insides, we make a failure. Nature does not tolerate any interference.

But you think this cleaned out the child. Do you?

It did clean the child out in a way.

But it was not the to assist the vital force.

It made the vital force to be more busy than before.

It irritated the whole of the intestines and carried down into the whole course of the intestines that which might have passed off through other channels, say the skin and the kidneys, and if this medical idiot had known anything of the use of the syringe he could have accomplished all the desired effects in fifteen minutes with a syringe full of warm water.

And the syringe filled with warm water would have gone just where it was needed. How are we so positive?

Because we know if the lower bowels had been well cleansed out we should never have had that delirium.

We are positive also, because this medical man, when he cuts the child open to see what was the matter, found "25 ulcers with overhanging edges," and we know the water would have been good for these ulcers and we know the oil, with all its irritating qualities, was not good for these bowels and those ulcers.

Castor oil would do for the axle of a buggy all right, or to grease the hinges of the door which should have opened and let Thomas Hillier M. D., right out towards his little home, but it was no good in those intestines and if you care to have any proof, as did the doctor (see previous pages) read on and you will find "The next day she died." Do you not think this is proof enough?

The doctor says, in his remarks, that "It was a great mistake to allow meat as early as the sixteenth day."

This was not the only mistake. The castor oil was a greater mistake than the meat.

Meat might have passed down and been carried off, in a natural manner.

But this castor oil had to be carried off soon as the vital force could do it. We tell you that this oil did mischief. It, apparently did something. But it did nothing except mischief, if it did anything. It was an irritant to the vital force and killed more weak struggling corpuscles.

Let us see if this Allopathic Doctor could do any better. Here is a case from page 340.

You will first observe that he says patients die from exhaustion.

But if we can read these lines aright, this patient died from the effects of the doctor's medicine.

Here you are:—

"Occasionally patients die, some weeks after the fever has subsided, from exhaustion consequent on ulceration of the intestines.

In the following case, death occurred at the end of two months'

illness, mainly from exhaustion caused by the ulceration of the rectum, and an ischio-rectal abscess:—

Thomas Richardson, *aet.* 10 years, was admitted into the hospital on the 12th of November. It was stated that he had had typhoid fever six weeks before, a severe attack accompanied with troublesome diarrhea and the passage of blood in the stools. He appeared convalescent on the 3rd of November, was allowed to eat freely of all kinds of food.

On 8th of November he became worse, diarrhea returned with its previous intensity. On admission he was found to be excessively emaciated; his face was pale, with a slight livid tinge on his cheeks. His temper was irritable. His tongue had a thick aphthous-looking fur on the dorsum, with the edges pale. His skin dry and harsh. His abdomen was very tender, walls considerably retracted; he keeps his legs drawn up and his hands on his belly. The transverse colon could be seen as a flattened band moving up and down behind the wasted integuments. His bowels acted 15 times in the night; motions of greyish color. Pulse 140 weak. Respiration from 14 to 30 in a minute. He was ordered starch and opium enemata and a pill every four hours containing  $\frac{1}{2}$  of a grain of acetate of lead, and  $\frac{1}{2}$  gr. of extract of opium. Beef tea very strong, 2 eggs, milk, and 3 oz. of brandy.

Nov. 14th. The dose of acetate of lead was increased to  $\frac{1}{2}$  a gr. and the pill given every 2nd hour.

16th. A black slough appeared on the left ischio-rectal fossa, which soon separated. An enema consisting of 4 gr. of nitrate of silver and 4 oz. of water was administered,

18th. He was not any better. A pill containing  $\frac{1}{2}$  gr. of powdered opium was given every 4 hours.

23rd. He has been better in regard to the abdominal pain and diarrhea during the last 24 hours. His bowels still act 5 or 6 times in the day and night. His general appearance was not much altered. Mouth full of sticky mucus, and tongue covered with aphthous patches. Pulse 132, not quite so weak. Respiration 12 only. There is a deep ulcer with sharply cut edges measuring two inches by one in the ischio-rectal fossa. He became gradually weaker, and died on the 29th of November.

Autopsy.—Weight only 31 lbs.

Blood very watery.

Liver pale, weighing 38 $\frac{1}{2}$  oz.

Spleen 4 $\frac{1}{2}$  oz., enlarged, not particularly pulpy.

Intestines.—In the lower two yards of intestines were numerous ulcers and cicatrices, some in the position of Peyer's patches, others not. The ulcers were of two descriptions:—

(1.) With sharply cut edges, slightly undermined, muscular coat of intestine exposed. Floor thin, but peritoneal coat normal.

(2.) With edges slanting and gradually lost in the floor of the ulcer. The cicatrices were perfectly smooth on the surface. In the large intestine there were about a dozen similar ulcers (open and cicatrized) chiefly in the ascending colon. The lower end of the rectum was almost wholly destroyed, opening into a large sloughy cavity in the left ischio-rectal fossa. This cavity communicated with the exterior left by two openings, *viz.*, the anus, and the opening left by the separation of the slough.

Bed sores after typhoid fever are not so frequently met with in children as in adults; they ought never to occur, and are probably always due to want of care in the management of the patient." Could you think of any brain in the known civilized world that would give a half grain of acetate of lead or any other preparation of lead every second hour?

You think it stupid at this day and distance.

But what are the facts concerning this treatment by allopathists?

All of the allopathic books are filled with these strange and wicked practices and we tell you unless the people learn for themselves there will never be any change.

We could have almost told the end of that treatment but he tells it:

"He gradually became weaker and died on the 26th of November."

Twelve days after the lead was commenced to be given.

Do you wish to hear more of these stupid practices?

We have taken all this trouble to have you know the cause of these fevers (which is always from the vital force) because if you once know the cause, you will know the exact treatment and it will be so very simple that when the eyes are open you will only wonder at the rascality of these doctors.

This doctor seems to think this patients died of "exhaustion."

But, when we reflect on the nature of actuate of lead and then of opium we should say he died of lead and opium.

Consider a moment, that when you see this treatment, you are in the very same line that the old Egyptians were in.

They believed in a demon that afflicted the sick.

In these days we have no demon but we have "bugs." And these bugs are of such importance in the minds of these allopaths they said in 1889 (Diseases of children by John Keating M. D.; and all the whole outfit of allopathic authority) that: "are of sufficient importance to demand the closest attention of all local and general sanitary organizations."

When you read this you will think this is all right.

But we tell you this is all wrong because this fellow who wrote this said a little previously that the cause of this fever was a "germ."

And he wants the chance to legislate against a germ when we know as we know we have some fingers of our own that the fever is alone caused by the vital force and by nothing else in the world.

When the books assert that these fevers are caused "by a specific, organized, Pathogenic germ," they are entirely mistaken.

Until they learn what fever really is, these allopaths should never have charge of anything.

They show themselves blind poisoners of the blind people and will never know any better until they learn that in the body there is a vital force.

The whole of these writings are only for the purpose of hoodwinking and keeping the people in ignorance of the cause of fever

and how to treat it themselves. They hate to have the people know anything.

The doctors think or pretend they think they have germs to contend with and give Aconite, Belladonna and Anti-febrine and so on, which poisons the body and they never do the two things which we have called your attention to.

Now, if you have hold of this set of facts, and that they are really facts, you need not to doubt for a moment. You will see that the key to all treatment of typhoid lies in the cleansing of the body.

Just as fast as one can have the body cleaned so fast we shall have the fever out of the body.

There will never be any fever in a clean body.

Is there anything else by which we can assist the body and have the fever reduced?

Let us see.

The mouth is dark colored and colored with stuff which appears to be on the gums and to stick on the teeth.

We will take this black stuff from these teeth and gums. Why? Because we see that while this matter is on the teeth there cannot be any good breath go down into the lungs.

The tooth brush and a small piece of soap is what we will use. Why?

Because soap will kill all the germs and fungi which are in the mouth and we can now soon have the mouth clean with a tooth brush and soap.

It might make the gums bleed a bit, but it would be all right if it did. The teeth would be so much better off that it would assist the whole body to have all this old matter out from the mouth.

What have we done besides to clean the mouth out?

We have cleansed the lungs. Why?

Because the air which is breathed over these teeth filled with fungi were allowing some of their matters and the fungi to go down into the lungs and thus we have assisted the lungs in a double manner by cleaning off the teeth and the mouth.

What else? Rinse the mouth with cold soft water.

If there is bleeding from the gums; we will also wash out the mouth with some astringent. Raspberry leaf infusion is excellent,

Sage infusion is one of the best and safest articles that can go inside of the human body. It is safe, because Nature can use it and if not made too strong, is always grateful to the patient. Wash the mouth with the infusion of these two or one of these two herbs.

If there is bleeding, we also give a diluted Tincture of Myrrh.

Say half teaspoonful to a half cup of warm or cold water and sugar enough to take the sharp taste off. This would be given every half hour or every fifteen minutes if the bleeding continued after we had washed out the mouth.

We will give this patient some lemonade. Why?

Because anything acid is nearly always grateful to the mouth and then, when it passes down the throat into the stomach there will be a cleansing of the gastric follicles and as it passes down through the bowels this lemonade will take down some of this old matter which has been in the stomach and the intestines and so we will have cleaned the whole of the intestines or a portion of the whole, while we have been giving this lemonade as much as the patient would drink. And the acid changes any excesses of starch that may be bestowed away in the crevices of the digestive apparatus.

So far we have never advised to give the quinine rot and anti-febrine swill and poisons which are supposed to be "scientific practice."

Not one bit.

On the contrary, we tell you that all the quinine in the world can never cleanse the body.

Quinine is never good for fever.

Quinine draws the mouth of the two ducts in the second stomach together (the common gall and bile duct; and the pancreatic duct.) and nothing can come out through these ducts. And then we do not have any chill, for reasons that we will tell you of when we come to intermittent fever. Because these two ducts cannot send out any more of their worn out and stored up material. It does not "stop" anything, only the operations of nature. It is not needed in the system, if we can cleanse the body by our knowledge. If we are ignorant of what we are to do, then we may give quinine. But, we tell you that the quinine drug is not any good in the system.

Thousands upon thousands have been ruined by giving this stuff and thinking because they do not see anything except less action of the liver and did not see the chill—that they had removed the chill by the giving of the quinine. But, they never remove the causes.

Quinine will never assist in getting rid of the filth which is in the body.

When we give quinine we should never expect to break up or abort a fever.

We may think the effort of the body is less the next day but the cause of that fever being the vital force and this fever being



an effort to throw out some obstruction, or obstructions which are in the body, we will never have anything thrown out by the quinine and so the body, although it may seem better, is not really any better and we have the same material in the body that we had before.

There may not be so much effort made after the quinine is given but the dirt and filth is in the body and when the vital force is allowed another opportunity the fever will be there just the same or more so. When we washed the body all over, then we assisted the body to get rid of a quantity of old material.

When the teeth were brushed, then we had some evidence that we were assisting in cleansing the body or cleaning out a portion of the body.

The injection to the bowels was so plain that we do not see how any one could have been in the dark as to how to cleanse out the intestines. There is nothing so good for the intestines as the injection to the bowels. All of these efforts to assist the body are plain to be seen and so plain and so easy that any one can do it and any one can be wiser when they have seen this plain cleaning of the body in any fever patient.

From what we have said let us now formulate a little truth.

Just a little one but so easy and so filled with common sense that it would seem as if every one should know it all the way through.

JUST AS FAST AS ONE CAN CLEANSE THE BODY, SO FAST THEY CAN HAVE THE FEVER GONE FROM THAT BODY.

No matter where you commence and no matter what you do first, so that you cleanse the body. Just as fast as you cleansed the body just so fast there will be a lessening of the fever.

That is, as there is less filth in the body, so there will be less fever or less effort to overcome and drive out the old materials which are in the body. This is a plain matter of fact.

We soon come to the treatment of fever and what shall we say to you first, last and all the time so as to have you understand it all right, so that you can take any case and have that case recover right speedily is—that you want all the time—to ASSIST THE VITAL FORCE TO CLEANSE the BODY.

We think we can tell you all of this treatment so you will know what to do and we do not think any of the other treatments which would be found in any other books would be of any account to tell you, or to worry your mind with.

If you care to know of any of the other methods of treatment we would suggest that you get the books and go by them. When some of your fever patients die, then you will be sorry or stolid.

But, if you have had patience to read this over carefully, we are sure that you have all the knowledge needed to take care of any of Fever. And we are sure that, if you have been awake, you have seen the errors in this old and "regular," practice, by which this man if he was a man, guided these two little bodies into death.

If you have these ideas, no stupid and senseless drug will ever be placed in the bodies of your little ones. You will know some thing and not leave every thing to the ignorant, venomous medical priests.

We will say this:—as they do not know *What the fever* is, so they do not know why or how to treat the fever so as to have it gone as it should be gone.

As they *think* there is a germ in the body, so they give poison, Iodine, mercury, lead or some other poison to kill that germ.

Then they give carbolic acid and thousands (we think we might say thousands of other remedies which are poison as they have had two or four hundred years to be learning these poisons) and as they desire to kill something, (it used to be demons in the body; but now it is germ which they aspire to kill) are ready with their poisons to kill or to shoo out their demons or annihilate the germs which they assert are the cause of the fever.

They propose and advise to give Calomel; Iodine; Phosphorus; Opium; Aconite; Belladonna, Gelsemium, Antifebrine, Antipyrine and as many other things and poisons as they can put into the stomach of the unfortunate sick one with death oftentimes catching him before they are out of the house.

If we have taught you the cause of fever, then we have in you a friend of God; some one who is trying to cure the patient and not to dose it to death with poison.

You know what you are to do to have this patient in the best possible condition in the soonest possible time; so as to have this fever gone at the earliest possible moment.

We do not have to give any poison to overcome some other poison which might be (but never is, in fact) in the body and which can only be overcome by some other more powerful poison which "only the *Regular Poison Doctor*" knows how to give and is such a small compass, that only the doctor or the trained brute of a nurse can give it and it is so expensive that we can only get it by paying a large amount of money as we had to buy Koch's sticky lymph.

Oh no, nothing of this sort will be necessary for us.

We are all right in understanding what fever is and we will go right to work to treat every fever case and treat it successfully because we really know the cause of all fevers.

If we cannot think out the conditions of fever and we are in the dark concerning the causes of fever and the conditions which surround every case, then we may be sure we will work in the dark. If we are walking in darkness.

We will grope our way in blindness and many cases will die which would and could have been saved if we had understood them when we commenced to treat them. We must think of the case.

To think of fever as we find it we will commence at the symptoms;

1. A coated tongue.

This, of course is not an evidence of fever.

It is an evidence of a loaded stomach or a disordered condition of the bowels, but we call it a symptom of fever, and, if there is a fever and no coat on the tongue, we shall look to some other part of the body for the obstruction rather than in the intestines.

This will be plainer to you when we bring to your view the splinter. The splinter brings up a fever because its being a foreigner in the body is offensive to the vital force and the vital force making an effort to have this splinter out from the body, makes the effort and this effort *is the fever*.

While if we know and think of the cause of fever and if we will work according to the best of our ability with these natural laws we will save nearly every case which comes into our hands.

If we think of this, then the coated tongue is a symptom of a fever.

But there may be thousands of coated tongues and not any evidence of fevers.

2. A quick pulse.

3. A hot condition of the skin.

4. A rise in the the temperature of the body.

We find this from the thermometer which will give us the state of the heat in the body when we apply it under the tongue or under the arms.

When the thermometer registers over 99 degrees then we have a "fever."

Or we have an effort in the body and being made by the body to some obstruction in the body.

5. A foul breath.

This is not always an evidence of fever.

Many a person has a foul breath who has no fever. The foul breath may come because of unwashed parts of the body and it might arise from something which is undigested in the stomach and intestines or, it could arise from decayed teeth.

All of these symptoms could arise without a fever in the body.

because the vital force does not make any effort to get these obstructions out from the body. Or rather the daily effort is not perceptible.

6. The eruption breaking out over the abdomen and in some cases all over the body.

This eruption may be stimulated by measles, scarlet fever, small pox and roseola.

The eruption of chicken pox may give an eruption which will appear to be the exanthem from the conditions of typhoid fever.

But, in each case there are other peculiar symptoms which would determinate the rash as different from the typhoid fever or any other fever.

There is, after the second week, some tenderness over the bowels.

This soreness or tenderness would be worse if the patient had taken Iodine or the usual allopathic fever remedies as "Anti-pyrine; anti-febrine and Aconite with Calomel.

These remedies do not clean off the inside of the intestines and as they do not assist the vital force, they are destructive in each case according to the virulency of each poison dose.

The bowels are always more tender and more tympanic and bloated as well as more weak and irritable when the patient has taken doses of calomel or blue mass. The next worse thing is morphine or some forms of opium.

The taking of salts in the early stages of fever will produce an irritable and tender condition of the intestines.

In our opinion, salts should never be given with any idea to cleanse the intestines.

They irritate the intestines and the vital force sends the dead materials all through the bowels. Salts are no good to the one threatened with fever.

The salts are said "to produce a watery stool." They do no such thing. The vital force, through the intestines, throws out sufficient liquid to dilute these salt particles as much as possible. This is the watery discharge which is said to be "produced by the salts." But this is not the action of the salts. It is the result of an irritated intestine. We have seen salts and other physics given at the beginning of many cases of fevers and we are sure that every case was made worse by the administration of any cathartic. Of course, if there is anything any where, this "something" is in the intestines. But physic is not the proper way to cleanse out these intestines. Water is the great solvent and the great intestinal cleaner. There should be an injection to the bowels and this

injection is far more beneficial to the whole system than any oil, or, salts can be. The injection does not irritate the bowels; while the salts do irritate them. Many other articles are given which seems to be cleaning to the bowels but they do not do any good.

The common pills which are called "PURGATIVE" are worse than useless when they are in the intestines. So are the Senna tea and the compounds which are made of aloes and gamboge. A little later on we will show why these physics are detrimental to the intestines.

In all of our inquiries, what have we learned about this fever, from these authorities?

Just this:—That in every case there was a previous history of filth in the body and a history of unclean materials which went into the body before the fever was "taken." If we could only know of those who came from these different places how many washed the body every day and how many slept in clean beds and how many had other filthy habits before they had these "fevers" we should have a plainer study of the natural history of the "fever" victims.

What we desire to impress on our readers is this;—Every case of "fever" is a case of filth. The cases of fever which are supposed to be "caught" are never caught, unless the party who catches this "fever" was previously in a dirty state, or, unless the blood became corrupted by some vile drinking water, or some vile food or some foul air.

This is the point we wish you to have in the head. If this is in the brains so that you take hold of every case, knowing that the body is to be cleansed then you have the most complete assurance that in case there is any chance to save that life, you are the one to save it.

The vital force is what will aid you. The vital force that makes that fever, is your great and true friend. If you will cleanse this vile body then there will be no FEVER. When you think you can, or that you MUST "control" this fever as the allopaths say and think and assert you must, then if you are to "control" this fever you will have to control the vital force, and this controlling, in the case of the allopathy means to hurt and destroy the vital force. Or, to drive it off.

If you have the proper idea of the Vital Force, you will understand that this Vital Force cannot be killed, nor can it be destroyed. It is living, because it came from God and when it has finished its work with this body, it will go back to God who gave it. But, it can be driven off out of the body and Aconite, Carbolic Acid, Bella-

donna, Lead, Opium, Calomel, Henbane, Mustard plasters are antagonistic to this Spirit, this Life or vital force and will not let the body stay here if these Antagonistics are given to the body for any purpose whatever. If this Vital Force leaves the body and goes away, then we say the body is dead and we are obliged to take it out and bury it.

Understand therefore, when we speak of the Vital Force being destroyed, we speak according to appearances. Because it seems as if it were destroyed. It is never destroyed. It goes back to God who gave it. It is driven off out of the system by these foolish and wicked medicines given by the brutes called doctors.

What are we to do with the specifications that are made by what is called the regular school of medicine who have the germs all picked out, illustrated and named as being the direct cause of Enteric, Typhoid and also, if allowed a little lee way, to be the direct causes of yellow fever. The same cause for one and all of them.

As we are on this historical matter and we cannot get too much, if we desire to have all the knowledge there is in these regulars, we will reproduce a section from Aitkens' Practice of Medicine, one of the most conservative and most rational treatises on that School that is in the English language. Of course, when it comes to treatment, they are all wrong, because all of their theories are wrong. As to facts, there are events over which they have no control and only can record them as they are. The causes they cannot explain.

*Volume 1, Page 1055, Aitkens' Practice.*

Letter from DR. ALBERT A. GORE to DR. AITKEN.

Tower Hill Barracks, Sierra Leone, June 20, 1870.

MY DEAR DR. AITKEN: The following circumstances, which I cannot see any mention of in either "Bryson," or your review of the causes of the origin of the fever which committed such ravages on board the "Eclair," may be of interest to you. I have only recently been made aware of the facts by a countryman of our own—a patient of mine—the Honorable Charles Heddle, senior member of the Legislative Council of this colony. Mr. Heddle's statement was corroborated by two merchants, old residents, which I mentioned the matter incidentally to.

As you are aware, the "Eclair" arrived here on the 5th of July, 1845, and sailed on the 25th of the same month. During the whole period she remained in harbor, the crew were healthy, with the exception of a seaman (Thomas Smith) who was admitted into the

Military Hospital for a mild attack of the endemic remittent. He was discharged cured on the 30th of August.

After the "Eclair" left, three cases of yellow fever proved fatal in Freetown, with black vomit—viz, those of Babbage, Pringle, and Elliot; these occurred between the 15th and 20th of August. The first of these individuals only arrived in the colony on the 28th of July, the second in an empty slaver, on the 2nd of August, and the third was a seaman from on board H. M. S. "Star." That was the case, I have verified by the records in my office; consequently the supposition that the disease arose from communication with the shore must fall to the ground, for no disease was on shore when she was in harbor. The fact is, she took the disease on board in another way; and in this opinion in the late Dr. Bahai agrees when the circumstance was mentioned to him by Mr. Heddle, a most agreeable and well-read person. On the *arrival* of the "Eclair" in 1845, there was only a small quantity of coal obtained at Sierra Leone, and at a very high price—£5 a ton was asked for it. In consequence of this, the captain stated he would sooner sail all the way to England than pay such a price. Instead of doing this, he unfortunately made a contract with a Mr. Lemon, a merchant who lived next door to Mr. Heddle, for *wood* in lieu of coal. Lemon sent to the sheiks and Ranees princes and collected a quantity of cast timber, and the end of the logs, after these were cut in proper lengths for the Admiralty vessels.

This timber had been lying for an indefinite time on the mud banks and timber reaches of these rivers—a timber reach being nothing more than an assembling together of every sort of filth you can imagine—principally vegetable debris. This timber, lying as it did for such a length of time on these muddy malarious banks, must have become thoroughly soaked with the malarious poison which they undoubtedly generate. This timber was brought to Freetown, cut into logs, and placed on board the "Eclair" for fuel, in very large quantities. While being put on board, Mr. Heddle, who was standing on the wharf, used these remarkable words to the officer superintending the embarkation,—“You will kill every man on board your ship, if you take that timber on board.” The sequel proved the correctness of his opinion: for what did they do? Nothing more than to take into their vessel, wood which must have been impregnated with concentrated malaria. The danger to crews of vessels lying off the mud banks from which this timber was taken has been so often proved, up to the present time, by numerous examples; and that the poison wafted from the shore is capable of giving rise to remittent fevers, with black vomit, etc.,

and which if the mortality is taken as a gauge between the two, cannot be distinguished from yellow fever, is so well known to West Africa, that it would be repetition to refer to them. Every day, on the coast of Africa, merchant ships sail away from the coast, or lie in the river, losing a portion, in some cases the whole, of their crew. The more recent instances have been stated in the *Times*—viz., the “Mary Campbell, which left Lagos in August, 1869, and the “Florence Page,” which left the same port on the 4th of September.

It is most curious that this circumstance was never mentioned during the controversy which arose after the fever on board the “Eclair,” had committed such frightful ravages. I can only account for it by the fact that, on the score of economy, having taken into the vessel this wood, they suppressed all mention of it; either that, or they ignored the possibility of fever arising from such a cause, although the well-authenticated case of the “Huskisson,” as well as the notoriously unhealthy condition of all timber vessels, was known to every one of experience on the coast.

Passing over a long interval of time, we have two other instances—only fully detailed in the Naval Medical Reports, the other not generally known—neither of which may have come under your notice—where a virulent form of yellow fever occurred in the harbor of Freetown, Sierra Leone, the ships again being the infecting medium; only instead of timber vessels, they were coal hulks, and where the individuals residing on board, or communicating with them, were the only persons attacked; and where, as in the case of the “Huskisson,” the disease suddenly appeared on shore. I allude to those of the “Iris” and “Balcarras,” the former a naval receiving-ship, and coal hulk, the latter a similar vessel belonging to the Royal Mail Steam Company. On the 28th December, a party, consisting of 112 men and officers, went on board the “Iris” from H. M. S. “Bristol,” which had just arrived from England. The party worked on board the “Iris” for two days, returning each evening to the “Bristol”—were not exposed to the sun—and each man had served out to him four grains of quinine before leaving in the morning. On the 31st a seaman belonging to the party was attacked, and died on the 3rd of January, with symptoms of yellow fever. An engineer officer, who had remained only *four hours* on board the “Iris” on the 29th, was attacked on the 31st and on the 1st of January twenty cases of yellow fever occurred; on the 2nd, six cases; on the 4th, three; 5th, two; on the 6th, one; on the 12th, one; a total of thirty-eight—twenty-seven of which presented symptoms of yellow fever. Of these, twenty-one



died. *No one has attacked in this epidemic outbreak except those who had been on board the "Iris".* One of the sufferers had only been on board for a *quarter of an hour*. In no case did the disease spread to the medical officers or crew of the "Bristol," on the deck of which the cases were treated.

The "Balcarras" was lying during the same period in the harbor; every one of the mail steamers which communicated with her for the purpose of coaling lost some of her officers and crew. The United States corvette "Kearsage," after coaling alongside, soon after sailing to the southwest as far as Cape Calmas, lost fourteen men. She then ran to the North as far as Maderia, finally going straight across to America. Altogether during the voyage she lost five officers and forty-seven seamen. These hulks were afterwards cleaned by the natives, their holds white-washed, and they were removed to the Bony River, since which time they have remained healthy.

These coal hulks are at first perfectly innocuous, but, after a varying period, appear to become saturated with fever poison, capable giving rise to most deadly outbreaks of disease. I think the reason is that they are being constantly *partially* filled and emptied; the lower portion of the coal is consequently never changed or the hold cleared out; the lower stratum of coal becomes saturated with bilgewater; and, owing probably to the high temperature, gives rise to the same emanations as a marsh would do, differing only in fact that the poison of the former, owing to the want of ventilation, must be more concentrated and deadly, as proved by its effects.

I have not alluded to the "Pandemic wave theory" of Dr. Lawson, as accounting for outbreaks of such diseases; but in West Africa you have some years which are much more unhealthy than others, and when the ordinary epidemic is more fatal. Such periods not unfrequently precede or coexist with the development of yellow fever, whether of the malarial or more contagious variety.

I recently came across an extract from some old chronicle of the early voyages to this coast, quoted by a reviewer of the life of Prince Henry of Portugal in the *Edinburg Review*, which shows that these outbreaks have not been confined to recent times, and were then as now more frequently in the rainy season of the coast. Captain Jehan le Rouenois, a French adventurer, who visited the coast of Africa in 1378 in the "Notre Dame de Bon Voyage," states that he only launched his ship early in September; "for he knew, as has been said, that the tempestuous rains which poured down on these foreign coasts, three months before, were very furious; and

that there had died of the pestilence and illness a great number of men in there houses, as the water and air at that season had a bad smell, and burn with continuous thunder." He does not appear to have been particularly fortunate in his voyage after all. for he lost a number of valiant seamen, "without finding a single physician in the country."

ALBERT A. GORE, S. T.

The point which we would like to have you see is this:—There were men who had been on board a certain set of hulks and after they had breathed the air in these hulks they became sick.

When this is seen first, it would be thought that there might be some germs which made the yellow fever. But the fever of all kinds are made and are solely the actions of the vital force and when we assert this you must ask something else.

What is it that produces this action of the vital force which causes the fever? Why should it be yellow in one case and not yellow in another case?

This will be easy if we can see through the causes of the conditions which have been narrated by the parties.

1. Hulks were smelling badly.

2. Wood smelled badly.

3 There must have been some thing in this smell which lasted some time as the steamer Kearsage lost five officers and forty-seven men while they ran the homeward trip. Lost them on the broad Atlantic Ocean.

Why should these men have died after they had left the unhealthy places where they had the smells?

This would be a good question and as we were in this locality once and inhaled the putrid gases from this African coast, we have a distinct remembrance of the feeling which these smells produced.

Now we will have the explanation.

a. The smells went directly into the lungs and there this smell or gas killed numbers of blood corpuscles.

b. These dead blood corpuscles were not carried off by any means known to allopathic surgeons of the ships and they prevented the blood corpuscles from having a chance to cleanse themselves and so they lost forty seven men and five officers because they did not know how to cleanse the bodies of those men from the injuries done to the bodies by these filthy smells; or, by the inhalations of these gases.

Why should they turn yellow on the skin? Because they did not have a good circulation on the skin; and also because these smells, by killing many blood corpuscles, obstructed the liver and

the common gall and bile duct and then this gall was thrown out through the general circulation and the expelled gall which should have passed through the gall duct and down through the gall duct and through the bowels, was sent into the circulation and showed itself on the skin, as yellow coloring matter.

The trouble in these cases is to find out, not wholly the *cause* of the condition, because we have seen the *cause of the condition* of the sick in these cases to be poisoned air, but also to find out what is the condition which we desire to alleviate.

This is the important idea which we should have in our heads when we come to treat the case of fever.

In these cases which we have just read of, we find they were sick after smelling some dreadful smells of the "HULK," also, after breathing the air from the "WOOD" which was from the "reaches."

Then we learn that these "reaches" were foul places full of all kinds of filth and when we read this we can turn back a few pages and read about the boy who smelled the refuse and stuff which the man handled who "cleaned out the drain" and find the boy died just the same as the forty-seven men and five officers died in the Kearsage on the broad Atlantic.

So, that we do not have to listen to "specific terms of yellow fever," but we know it was the SMELL or odor or putrefactive gases went into the boy's nostrils that made a fatal case of him and the gases from these putrefactive filthy woods, which went into the nostrils of these forty-seven men and into the five officers which made them die. Drove off the vital force from the body.

They were poisoned from the presence of this vile stuff and it need not be believed that there could not be a fatal case any where else than on the coast of Africa when we have plenty of testimony to prove that degraded smells will cause fatal cases of disease any time and any wher.

What do we wish to have you understaud?

You will not think unless we tell you plainly, so obtuse is the uneducated mind of men after being under the harrow of the Egyptian priests for four thousand years.

We will tell you plainly.

We intend for you to think of these cases and come back with us and smell the soft coal burning stoves and hard coal burning stoves and the heated air which is in our school houses and then and there you will have the idea we wish to convey to you when we say that these airs and these breaths which are in these places are just as bad although they may not be so rapidly fatal as the air from south Africa.

They manage to have about as many deaths from every school house every year as was related from this ship Kearsage.

All this is easy, if one can get the idea in the brain so as to manage it. The Vital Force dwells inside of an atom.

This force is invisible to us. Immaterial to us. So is air.

When something is placed beside this atom that is antagonistic to this Vital Force, the vital force will leave the atom.

Intense heat; Excessive cold; Strychnine, Aconite, Muriatic Acid, Calomel, Arsenic, gas of every sort that takes away the oxygen, all drive off the vital force. Then the atom is no longer a living atom but is a dead atom, because the vital force has been driven off. So in these cases of yellow fever on the coast of Africa. The odors or gases or smells, were antagonistic to the vital force, dwelling inside of the atoms and as the vital force would not live with these smells or odors or gases, the vital force left and the atoms were dead. In these cases many of them died at once. Then when dead, the doctors had no means to remove these dead atoms and these dead atoms poisoned the rest of the body and we read the result. Five officers and forty-seven men dead from yellow fever.

When you see the case of fever before you, then you will understand that, it is not the "fever" that you are to be afraid of, but the condition of the body while the vital force is making the effort to rid itself of the obstructions that are in the body.

In these particular cases it was called "yellow fever."

Because the smell or offensive gases from decaying, filthy wood, for some reason, caused the vital force to have the liver and gall bladder stopped up and the persons who took in that smell, (or odor) had these clogged up livers and gall ducts and then the gall and bile came to the surface of the body and the bile and gall turned the persons yellow. See? Not because the fever was yellow. Not that, but, because the results of these odors and smells poisoned the body and one of the symptoms of this poisoning was to have the body turn yellow. The effort to cast off obstructions was the same, but the places clogged up were different.

Now, let the reader consider the composition of air. Next consider this stuff—wood—refuse—Debris—had taken in something besides pure air. Taken into the pores of the wood—moisture and then was in the air—in the wood. CARBONIC ACID GAS—or too much CARBON in the air and with the air—perhaps a putrefactive element.

Entering the lungs, this Carbon killed the corpuscles of those who inhaled it. As soon as the corpuscles were dead, there was a menace to the body.

None of the doctors knew how to purify the body and five officers and forty-seven men died because of their ignorance.

In typhoid fever the intestines are mostly clogged up. In bilious fever the liver is mostly clogged up. Then, in other fevers as in lung fever, the lungs are clogged up. And so on. The fevers or efforts of the vital force to get rid of these obstructions are the same but the obstructions themselves, being different, are provocative of different symptoms and from these symptoms the Medical priests have different names for these conditions of fever. Easy to understand when you once have the key to it. Different obstruction, different effort.

If you have a splinter in your foot, and the splinter is not so very large, there will be very different manifestations of the vital force than if you had run a rusty nail in your foot. In these ship-board cases, the odors, or gases from this decaying wood, were much different than if they had been out Maying or inhaling the roses from some well kept garden.

We may make the following supposition:—

The odors or gases from this putrefactive wood and gases from places where every kind of filth had been placed, "reaches," as they were called, were laden with a very much larger portion of putrefactive material than if they had been freshly cut wood from the pine forests of Maine or Minnesota. In those states, the wood cutters do not get sick because of inhalations of the wood. But, we find these woods from the Coast of Africa had very much worse odors and these odors went into the lungs of these sailors and there these odors or gases caused the vital force to leave many faint or weaker corpuscles and then and there these corpuscles were killed.

Where these corpuscles were killed, then they were dead and being dead in a warm atmosphere, it meant they should be quickly disintegrated and being disintegrated these dead and disintegrated corpuscles were so much poisonous material in the system. In the body of the sailor. Then the "symptoms" commenced. The vital force commenced to make an effort to cast off these particles that were dead and offensive and this series of efforts were called collectively, "fever."

There was headache; rise of temperature, weakness and all the other symptoms which came from poisoning and killing of the corpuscles from these nasty and vile odors from these reaches.

No bug or germ is needed in these cases. The smell or odor or the gas from these places did the work of killing the blood corpuscles and when these corpuscles were killed, and then disintegrated,

we had more corpuscles die and very soon the whole body was ready to drive off the entire vital force and the case was dead. Dead from yellow fever.

It looks very nice to have a bug or germ or bacilli or "fever poison" to lay the fever to, but it is not the fact in any case.

Poison which provokes fever is anything that will kill the corpuscles or kill the living matter of the body.

Let children smell the drying or damp diapers which are over the stove drying, or let them inhale the odors from the washing on the washing days; or let them continually inhale the cooking of pork, frying it day after day; or allow children to be around a coal gas stove or inhale any of hundred and one set of gases that are common in all parts of the continent and we shall have dead corpuscles and an effort of vital force (or Nature—same thing.) and this effort will be called a "fever," and then there will be the usual set of inquiries as to where it was "caught." It does not have to be caught as "fever poison." It can be inhaled or taken into the lungs as odors or poisonous gases from anywhere and we will have death of the blood corpuscles and then the disintegration of these corpuscles and finally the evident effort of the vital force and we will have "fever." Fever, the effort of the vital force.

Whole families of women and children are inhaling the gases and odors from their "furnace," who will one day become sick from this cause of inhaling particles of dried and filthy air dried over the iron plates and then the doctors will suggest fever or consumption.

We tell you the vile smells or gases or odors from any quarter whether they are from some place in your back yard or from some place in the theater, are all bad, and the louder or more tangible these odorous gases are, the worse it will be for the health of those who have to take these smells into their nostrils and breathe them down into the lungs and thence these effluvia go on into the blood and poison the red blood corpuscles and we have the condition of dead blood corpuscles and finally we have these dead materials which we could call dead blood and disintegrated corpuscles and we might call them anything that clogs up the circulation and in any and all of these cases they prove to be obstructions and we have a fever and when we have the fever then they hunt up some sort of a cause or a beginning for this condition and they lay the fever on the germ when the fever was the effort of the vital force and the reason of the effort of the vital force was the condition of blood which could not do its daily duty and to get rid of these ob-

structions in the body, we have the effort and this effort is the fever. Here is where our lesson comes in this day.

To know that when we have these deadly breaths in the body and when we have these old and filthy odors which are poison to the body and when these old atmospheres are in the body and have clogged up the nasal passages and stopped up the passage ways to the lungs, we have a series of obstructions which produce certain symptoms and these symptoms are called by the name of yellow fever.

When these smells are found affecting the body in some other locality of the world, they will not give it the name yellow fever but they will call it typhoid fever. The cause of the fever is always the same—namely; the vital force. But obstructions and poisons may be from thousands of sources.

Still, we are afraid you do not have this idea so well in your head that some old musty book or some big-wigged professor would not crowd it out when he puts on that stolid Egyptian look and stares at you with the old sun worshipping stare. Excuse us a little and we will say it in another way.

Did you ever go Maying?

Ever go out in the woods when the snow was on the ground in places and feel the soft warm air on the first of May and pick one of the little May-flowers up and place it to your nose and draw in the breath?

Sweeter than tongue could express.

Did you ever hear of getting sick from smelling May flowers?

We never did. It was a delight to the breath and a delight to the body.

Do you ever smell roses? Nice smells. Are they not?

Was there ever a time when you thought the smell of roses made you sick with fever?

We think not:

There are some people who cannot stand the smells of geraniums but these are few in comparison to those who like the smells or the odor from roses, pinks and May flowers.

Do you think of any perfumes which have ever disagreed with you? Ottar of roses has a very nice odor.

Is it not so?

But there are other smells which have come to you in the course of life which were not so nice.

You always felt well after going Maying.

We never heard of any one who was sick when they went May-

ing. Everything seemed to buoy them up and they felt exhilarated. Their spirits were buoyant and lively.

Did you ever inhale the stove "gas?" This gas is sufficient to make the head ache.

If this gas is strong enough, then we shall have a severe case of sickness and possibly death. Why?

Because this gas goes into the lungs and there it stops the blood corpuscles from having enough of the good air which is so necessary to the well being of the blood corpuscles and these corpuscles die and when there are enough of these corpuscles dead then the lungs begin to be clogged up and we have clogged up heart and finally death.

Obstructions in the lungs and heart will cause death.

This is the way it is.

Do you remember reading of the ravages which the fumes of sulphur caused the little children who worked in the match factories? These fumes from the sulphur would cause the flesh to drop off the jaws and great sores come on the faces.

Many of those who have persistently inhaled the gas from the sulphur have died from the effects of this sulphurous gas.

In these cases could it ever be thought there was any germ from the sulphur which killed these victims?

No. There were no living germs in the sulphurous gas.

It was not necessary to have any germs to cause the persons to die after they had inhaled the fumes of the burning sulphur.

Do you think, after one has inhaled the fumes of burning charcoal, that it is necessary to have a bug crawl round in their ears and through their lungs and slowly chew them up?

Do you think it would be necessary for a bug to kill them when they were dead?

We do not think it would be necessary.

The fumes from this burning charcoal would be sufficient to destroy life. Why?

Because this carbonic acid gas from this burning charcoal will shut off the necessary oxygen for the lungs and the lungs will not work and then death will come to the body who has inhaled the gas. Wait a moment.

Do you prefer to call it a sleep?

Well, all right, any way you think best and we will settle it after a little.

But after they have inhaled this gas we say they are dead and we carry them out to bury them. The gas from charcoal and the gas from the sulphur will cause death. But the smell of May-



flowers, pinks and the inhalation from roses make us feel happy and glad.

If you will think of this a moment, you will see that these deaths from the gas of sulphur and from the charcoal, were not caused from any bug, but were caused by the gas killing the blood corpuscles and when these corpuscles were dead then we had clogged of the lungs and of the heart and death followed.

The gas can kill the life in the body by killing the blood corpuscles; but because this gas can kill, we do not have any bug or germ to assist in doing the killing.

If a man takes Hydrocyanic acid he will not have to call in some bug to help him die and go on where he is going.

So in the cases of these gases. When there are enough of these gases in the body to kill the red blood corpuscles we shall have a death of the entire body. The body will die from the gas and be just as dead as it could be from arsenic or from the prussic acid. It is first death of the blood corpuscles and finally a death of the body. No germ or bug would be needed to assist in shuffling off this mortal coil in either case if enough gas were inhaled or if enough arsenic were taken into the stomach.

The body would be dead from either cause.

It was the presence of so many dead blood corpuscles which caused the death of the persons who inhaled these gases, or swallowed the poisons.

The gases killed the blood corpuscles and then when the corpuscles were dead we had clogging or some obstructions in the body and these obstructions caused death.

Where does this gas go that it should cause death?

It will go into the lungs.

This gas can be transferred into the brain. What will it do in the brain?

We have a headache from this gas and this headache is a message sent along the nerves and these messages are to tell us there are some obstructions in that brain.

If the brain sends a message to the intelligence, and we call it "an ache" then we should know there is some obstruction in that head or in some of the nerves which are connected with the head so that we should get these places cleaned out. The gas could go into the brain and kill or offend some of the finer atoms which were in the brain.

Do you not think so?

The brain is said to be composed of fine particles of matter and they are inclosed in a very hard shell which we call the skull and

this is for the purpose of having the brain in a solid condition.

If these brains get rattled from any cause they call us crazy and desire to have us shut up in the crazy house.

So our brains must be very important to our well being. Would you think it possible, in the case of the smell from the May flower that we should have those brains feel good after they had inhaled some of these delightful perfumes from these lovely flowers?

We think this could be the case. We think so because all the world seems to know when the soft gentle breezes commence to blow and we feel the spring coming. You know the song: "When spring time comes gentle Annie." It strikes all the humanity in your heart. You grow softer and you are really a better person when the thought comes to you.

There are some very fine membranes in the nose. These membranes can inhale or take in the good smells or odor and they can absorb the vile smells.

All the mucous surface are made in such a manner that they could take in any scent from any place. It is a part of their office.

If the odor or the scent would be agreeable, then they would feel happy.

Who would feel happy?

The blood corpuscles. These are the servants of the body.

We are using the term "blood corpuscles," because this conveys the idea of a small atom which inside of itself contains the Vital Force. We think it is the Force that is pleased with the odor from the rose, the pink and the May flower.

We feel sure it is this Force that feels hurt and leaves the atom when you inhale odors that are Antagonistic to it.

How does this Force know anything about it? Oh, we tell you, that when God made the body of a man or woman and placed this Spirit or Vital Force, (the same thing) inside the body to build it up, God knew and made the Force or Spirit to know what things should be acceptable and what were not acceptable. These facts are proved to you day after day.

People have oceans of HAY FEVER because they have inhaled these dusts and odors and gases that were unpleasant to them.

The corpuscles try to get rid of these particles in the blood stream while the weather is warm and when these particles come to the surface in the head or in the nostrils and while these members are filled full, the victim is in a pitiable condition.

You may think of some time when you had to eat a good dinner and yet had to be somewhere the smell was not so good and that smell killed to you the effects of the good dinner.

You may have known some persons who had smells about the arms or some parts of their bodies whom you would have liked if it had not been for their smells and which smells or odors seemed to be natural to them.

When we have so much sorrow that we have to cry, then we must think the blood corpuscles must be sorry and feel badly.

Then, if they feel too badly there will be a disgust at life and we wish to go somewhere to die.

Why should we wish to die and leave all this beautiful earth and so much of enjoyment and happiness as will come to us if we can hold on the life a little until this storm is over past?

We think, if we have correctly thought this matter out that when the body is filled with dead blood corpuscles then the brain becomes heavy and we are sad.

Would you not think that any gas which could kill us if there was enough of it, would also make us sad in mind if there was not enough to kill the entire body? We think this could be the fact.

Possibly you have a new idea.

That some smells would make your mind feel badly. They could make you saddened.

You have never heard the older and some of these coarse minded men say when things went wrong in a bank or in some place that it "smelled badly."

Not that there was any smell about it. But the things looked so dark they said it as if it really did smell badly. It looked badly and so these men said it "smelled badly."

Did you ever notice that when any thing of a bad nature came to you, that you lost the appetite?

This was because there was no demand for food.

Why should the demand for food stop?

Because when there were so many of the corpuscles who did not need food (because they were clogged and some of them dead that they would no longer demand food.

The news of great calamities will cause you to lose the appetite.

If you hear of great misfortune; your appetite will be gone from you. Because the V. F. will call away nearly all the blood corpuscles to the heart and the brain and there is not enough blood to go to the stomach and send any gastric juice there and not having enough gastric juice around the stomach, does not allow you to eat good. Is this plain to you?

If you are to have a good appetite, you must have the blood around the stomach and if it is suddenly called to the brain or any

other place, there will not be enough to go round the stomach. Not enough of this blood to furnish you gastric juice.

In all cases of typhoid, or yellow fever or typhus, the appetite is gone and is gone for the reasons that we have just mentioned. Not blood enough to go round.

If you can call up the conditions of the men who had inhaled the gas from those bilge soaked timbers and from the bilge soaked coal and think that these smells had passed into the cells of the lungs and from those lungs had gone all over the system, then you will have the idea of the condition of the bodies of the men who inhaled the gases from these African "reaches?"

There was a poison arising from that decay and putrefied coal and the bilge water that went into the lung and poisoned those lungs, and next it went into the head and made the brain dizzy and the headache, then poisoned the heart and finally there was a lot of bodies who were sick and they sailed away towards the lovely island Madeira.

"Where every thing is lovely:

And man alone is vile."

And yet they lost forty-seven men and five officers before they arrived home.

Now my dear reader, would it be necessary to think of a bug in these cases if we could know the vast amount of decomposition and the killing effect of this smell on the blood corpuscles.

You see, if you can think straight, the fact that these men had some odorous poison gas which killed the living blood corpuscles and made a stoppage in the circulation and while this circulation was stopped and clogged we have sickness and this sickness is from the presence of dead blood corpuscles and these corpuscles being dead, become obstructions just the same as if they inhaled the deadly fumes of sulphur.

Yet there is no necessity of having any germs to do this while we have these poison smells, or bilge water gases from decomposing or rotten wood, but we have, in these smells something which kills the blood corpuscles and there is death of the blood corpuscles and a final death of the body just the same as if they took Arsenic or Strychnine. It drives off the vital force.

When these corpuscles have been killed from any of those causes, we do not have to have "a fever poison," because anything which would kill the blood corpuscles would produce this condition and when we have this condition, then, if nothing is done we have death to follow and in this United States "Corvette Kearsage,"

they lost forty-seven men and five officers. Inhaled smells which poisoned them and they died.

They died, if we know what we are talking about, from the effect of some smells which they had inhaled into their lungs and which killed the blood corpuscles, and when they had dead blood corpuscles, they soon had stoppage of the circulation and a "fever which they thought was a "a yellow fever" and the victim died.

It may be thought it would be impossible to kill a person with a smell, but this would not be correct. Persons can be killed with smells of sulphur and with smells of charcoal. It is not alone the inhalation of these gases, but it is in the effect of the interchange of these gases on the blood discs in the capillaries of the lungs. The law is perfect and it will not be necessary to call it anything like a "fever poison" or "yellow fever germ," because people can and do die from the inhalation of these gases.

Look at the law. Anything of carbon, as of wood or of decaying vegetables, when they take on a portion of oxygen and give off or exchange their carbon for this oxygen, go under the chemical process of decay. Or, as it is sometimes called "PUTREFACTION." These putrefactive atoms are carbonaceous gaseous atoms which can be inhaled into the lungs and we have the whole story complete, when we think of this transformation of good air into carbonic acid gas, arising from the decaying vegetable matter of the Southern latitudes and the co-existence of the yellow fever. It is the inhalation of this carbonic acid gas which renders the lungs and heart diseased and is the basis of yellow fever. Not the "fever" but the PROVOKING CAUSE of the "fever. "The provoking cause is in the obstruction which have arisen from imperfect arterialization of the blood.

And this imperfect change of the gases which should take place by sending off the carbonic acid and taking in the oxygen, is the of millions of dead blood corpuscles in the body and from this fact we can understand the cases of fever in the South.

Or, put it another way. The wood, the plants, leaves, flowers and stalks are all of CARBON. Not pure, but nearly pure carbon. When dead, these carbons are heated by the sun's ray. The carbon has HYDROGEN from the water. Thence we have arising, a HYDRATED CARBONIC ACID GAS, the inhalation of which is destructive to the corpuscles in the lungs. The rest is easy. In a cold climate this chemical change could not take place. In a dry atmosphere there would be NO CHANGE. This is the law.

We knew of a school teacher who was sick unto death from what was supposed to be yellow fever. He had been in the habit on the

way to and from the school of passing by a bottom filled with rank plants. He declared the smell almost overpowered him. There was no need of hunting for the "yellow fever bacilli." This school teacher had inhaled carbonic acid gas and this inhalation was enough to make him sick. Still the Babylonians used to believe in demons, and the modern Babylonian allopathic doctors believe and hunt for bugs. Both of these classes are blind to truth.

What shall we do with the assertions of the Bacteriologists, who have made cultures of these formidable animals and have drawn their shapes so that the world can witness their appearance under the microscope?

Under the heading of Typhoid Fever, in the latest thing published under the sanction and by one of the leading lights of this dominant "regular" school we find this description of the "BACILLUS TYPHOSUS."

"A rather short, thick, flagellated, motile bacillus with rounded ends; it grows readily on nutritive mediums, and can be distinguished from the colon bacillus, which it closely resembles. It stains well in the ordinary anilin dyes. To stain for bacilli in tissues, allow the specimen to remain in Loeffler's alkaline methylene-blue solution for from 15 minutes to 24 hours, wash in water, dehydrate rapidly in alcohol, clear up in xylol, and mount in Canada balsam.

Now, if the "Bacillus Typhosus" is such a formidable animal the whole world should be on its guard against him. We should really put him out.

From the same authority published in 1900 we take the following which is placed under the heading of "Camp selection and camp hygiene."

From Gould and Pyles' *Cyclopedia of Medical Surgery*, 1900.

#### CAMP SELECTION AND CAMP HYGIENE.

The ratio of sickness and death in the United States army camps of instruction and detention during the summer of 1898 has been such as to make the whole world stand aghast. The losses on the field of battle have been as nothing in comparison. Of the 5731 American soldiers who died during, or as a consequence of, the war with Spain, only 454 received death wounds in battle. All of the remainder 5277 expired from disease."

It is true that the armies of other nations in former times have also suffered terribly from improper hygienic conditions in camps. In the earlier half of the present century the annual mortality of the British troops in Jamaica was 13 in 100 by the medical returns, but the actual mortality amounted to about 2 per cent more, a mortality of which we may give some idea by stating that a soldier by serving one year in Jamaica encountered as much risk of life as in 6 such actions as Waterloo. This frightful mortality, however, having been persistently pointed out by the medical officers, led finally to a searching investigation as to its causes. This was followed by greater care in the selection of sites for camps and the barracks, a diminution of the evil of over-

crowding, more variety in the dietary and better cooking, and a reasonable adaptation of the uniform to the climate, with the result that, at the present time, the mortality of British soldiers stationed in the West Indies is not notably greater than that of those at home stations.

There are two principal reasons for unhealthfulness of camps; first (and the most conspicuous).—The failure on the part of the military authorities to avail themselves of the superior knowledge of the medical staff in determining their location and in supervising the daily life of a soldier in all its details while in camp. The "Sanitary Report on Barracks and Hospitals," published in London just at the time of the outbreak of our Civil War, contains the following with regard to the British army; "There being no regulations on these subjects, it naturally follows that the degree of respect shown medical opinions on matters affecting the troops, whether concerning personal hygiene or the larger and more difficult subjects of barracks, hospitals and camps, depends solely on the good sense and the capacity of the officer in command, and on the tact and ability of the medical adviser."

**DISTRIBUTION IN THE BODY.**—In the early stages of the disease, the microorganism is found in the lymphoid tissues of the intestines, and shortly afterward in the spleen, bone-marrow and liver. The bacilli are not infrequently found in the bile and urine.

**THE BACILLI OUTSIDE OF THE BODY.**—In drinking water they retain their vitality for weeks, and in the soil for months. They are not destroyed by freezing.

**MODE OF CONVEYANCE.**—The most common mode of conveyance is through drinking water or milk. The disease has resulted from the use of oysters taken from contaminated water."

*Modes of Infection.*—While infection usually takes place through the intestines, the researches of Chiari, Kraus, Hodenpyl, Flexner, and others, show that even in the early stages the bacilli are widely distributed throughout the system.

In the immense majority of cases of typhoid fever marked enteric lesions are present but exceptionally the disease is one in which there is a general infection, without special local manifestations; or the localization may be other than enteric; or there may be a mixed infection of the typhoid bacillus with the colon bacillus, streptococcus, staphylococcus, pneumococcus, or bacillus of tuberculosis. In the tropics, more rarely in temperate regions, typhoid fever occurs in persons already affected with malaria.

*Morbid Anatomy.*—Intestines—Hyperplasia.—The glands of Peyer in the jejunum and ileum, and to a variable extent those in the large intestine, are swollen, grayish-white in color, and may project to a distance of from 3 to 5mm. This condition may disappear by a fatty and granular change in the cells, which are destroyed and subsequently absorbed, or it may pass on to—Necrosis and Sloughing.—When the hyperplasia of the lymph follicles reaches a certain stage, resolution is no longer possible. The blood-vessels become choked, there is a condition of anemic necrosis, and sloughs form which are subsequently thrown off. The process has a predilection for the area nearest the ileocecal valve.

*Ulceration.*—The separation of the necrotic tissue—the sloughing—is gradually effected from the edges inward, and results in the formation of an ovoid ulcer, the floor of which is formed by the submucosa and muscularis. The edges are usually swollen, soft, sometimes congested, and often undermined.

Healing begins by the formation of granulation tissue at the base of the ulcer. The mucosa extends from the edge, and a new growth of epithelium is formed. Later the granular elements are restored.

*Perforation of the bowels.*—In 2000 autopsies performed in Munich, perforation occurred in 114 instances, or 5.7 percent. In 90 autopsies performed at the Montreal General Hospital perforation was present in 22 cases. Perforation generally occurs within the last foot of the ileum. Multiple perforations may be present.

The mesenteric glands are greatly swollen, and spots of necrosis or suppuration may occur.

The spleen is invariably enlarged in the early stages of the disease, and rupture may occur spontaneously or as the result of trauma.

The liver shows signs of parenchymatous degeneration. Early in the disease it is hyperemic, and in a majority of instances is slightly swollen. Microscopically, the cells are very granular and are loaded with fat.

The gall-bladder not infrequently contains a pure culture of the bacilli and acute cholecystitis is not very uncommon.

The kidneys show a degree of cloudy swelling, with granular degeneration of the cells of the convoluted tubules.

Ulceration of the larynx has been noted in a considerable number of cases.

*Changes in the Circulatory System.*—Endocarditis is rare, as is also pericarditis. Myocarditis is more frequent. Inflammation of the arteries with formation of thrombi, may take place, and bacilli have been found in them. Thrombosis of the femoral vein is common; most frequently on the left side.

*Disposition of Bacilli in the System.*—Typhoid bacilli have been found in the blood, in the spleen, in the liver, in the vegetations on the valve leaflets, in thrombi, and in the exudation from the meninges. They are always present in the affected areas of the bowel.

*Gastric Symptoms.*—Loss of appetite is an early symptom; rarely nausea and vomiting occur. The edges of the tongue may be reddened while the center is coated.

*Intestinal Symptoms.*—Diarrhea is present in from 25 to 30 percent of the cases. It is a mistake to believe that it is an invariable symptom in typhoid. Abdominal tenderness and distention and gurgling in the right iliac fossa occur in a large proportion of cases. Diarrhea is most common toward the end of the first week, but it may not occur until the second and even the third week. The stools, which range from 3 to 10 within the 24 hours are thin, offensive, granular, and resemble pea-soup. On standing they separate into a thin, serous layer, containing albumin and salts, and a lower stratum consisting of epithelial debris, particles of undigested food, and triple phosphate. Blood corpuscles may be found.

*Nervous Symptoms.*—Headache, slight deafness, and mental torpor may be present in the early stages; and later, in severe cases, profound stupor, muttering delirium, subulustendinum, and coma-vigil.

*The Skin.*—The characteristic eruption of typhoid fever has been described. Sometimes there may be areas of erythema, confined to the abdomen or chest. Sudamina are very common and result from profuse sweating. The facial expression is dull and listless, but differs from that of malarial fever, as the anemia is not so marked.

The pupils are usually dilated.

*Respiratory Symptoms.*—Respirations are somewhat hurried and frequently bronchial rales are heard. There may be an early acute bronchitis.

*Circulatory Symptoms.*—Dicrotic pulse (in first week), of low tension; heart-sounds at first clear and loud, but later the first sound becomes feeble, and along the left sternal margin or at the apex a soft systolic murmur may be heard.

*Symptoms.*—

**First Week.**—The onset is rarely abrupt. Prodromal symptoms are generally present over a period of several days, and are manifested by a feeling of restlessness, vague pain, faint rigors, nausea, loss of appetite, pains in the head, back, and limbs, and nose-bleeding. The bowels may be constipated or diarrhea may be present; most frequently the latter.

There is a steady rise of temperature to 103 to 104 degrees F. The pulse is rapid [100 to 110], full in volume, of low tension, and dicrotic. At this time there may be mental confusion, particularly at night. Toward the end of the first week the spleen becomes enlarged and a rash appears in the form of discrete, rose colored spots, slightly elevated, and first seen on the abdomen. They disappear on slight pressure. The spots may also be found on the chest and the back, and occasionally on the limbs and face.

**Second Week.**—The fever becomes higher or remains steady, its pulse is rapid and



loses its dicrotic character, the face has a dull appearance, mental activity is slow, and the lips and tongue may get dry. The abdominal symptoms, if present, are diarrhea, tympanites, and tenderness. Hemorrhage or perforation may occur. In mild cases there is a gradual decline of the fever to the normal after the fourteenth day.

**Third Week.**—The temperature shows marked morning remissions, with a gradual decline. The pulse ranges from 110 to 130. Diarrhea and meteorism may now occur for the first time, and there is a special liability to hemorrhage and perforation.

**Fourth Week.**—The morning temperature has usually reached normal, but there is an evening exacerbation of one or more degrees, the diarrhea stops, the tongue becomes clean, and there is a craving for food.

The fourth week generally marks the beginning of convalescence. In aggravated cases the disease may continue over a period of 5, 6, or even 8 weeks.

*The Fever.*—In the stage of the invasion the fever steadily rises during the first 5 or 6 days. The evening temperature is about 1 degree to 1½ degrees higher than the morning record. In certain instances there may be a difference of 3 or even 4 degrees. The temperature falls by lysis, and is not considered normal until the evening record is 98.2° F.

(LYSIS. This is from a Greek word—LYSUS meaning to loose, or let go—as applied to Fever—it signifies that TYPHOID FEVER lets go very gradually.

Of all the mystified expressions on earth commend us to a Medical Priest. Anything to keep the ordinary mind from understanding their bodies.

A fever with regular remissions is considered of favorable prognosis. A sudden drop in the temperature may mark the occurrence of hemorrhage or of perforation of the bowel.

*Posttyphoid Elevations.*—The fever of Convalescence.—Frequently, after the temperature has remained normal for several days there is a sudden rise (102°--103°F.), and a drop at the end of 24 or 48 hours. It is generally dependant upon errors in diet, constipation, or excitement brought on by visits of friends. It may, however, inaugurate a relapse, or mark the onset of complication. The *fever of relapse* partakes of the same nature as in the original attack, but is milder, and rarely continues longer than 10 days or 2 weeks.

The blood presents no material changes until about the third week. At this time there is a reduction in the number of blood corpuscles which may fall as low as 1,300,000 to the cubic millimeter (Thayer), together with the hemoglobine, which is reduced in a greater relative proportion than the red cells. The absence of leukocytosis may aid in differentiating typhoid from septic and acute inflammatory processes.

We have copied from these eminent medical authorities the full description of this formidable bug—this *Bacillus Typhosus*—and we have turned abruptly to the matter under the head of camp selection, and we find that the medical gentlemen acknowledge this that the whole world stands aghast at the loss by disease during the Spanish-American War. 454 were shot with bullets. 5731 were destroyed by this horrible bug, *Typhosus Bacillus*.

The eminent medical gentleman in his latest 1900 authority goes on to state that the reason why there was such a large proportion of deaths in the Spanish War was on account of the army officer not heeding the instructing and advice of the eminent medical man who were with them in the army.

He jumps at once from the Spanish-American War to the English armies, and the armies of old, and then to the West Indies, buzzing about like a fly on a warm day.

Being American ourselves, from a Scotch stock, with a little Irish thrown in, as a side line as it were, we cannot help looking at this statement of the Spanish-American War, with somewhat more memory than this "regular" seems to be able to do. He says in the summer of '98 in the camp of instruction and detention the ratio of sickness and death was enough to make the world stand aghast. We concur. But we are not going back to Greece or Rome, or even to England, nor to the West Indies, nor to records of the English War department, nor to Surgeon John Billings for their reports on what should have been done. Or was done.

We prefer to have the facts about this death rate.

It is a matter on record that as soon as the soldiers were settled in their camps in the Southern States that these regulars vaccinated them.

They scratched their arms and placed in vaccine matter from any of the manufactories where they produced this stuff.

What is vaccine matter or vaccine? Vaccine, or vaccine matter, has been taken, presumably, from a diseased calf or cow, whose body had been shaved on certain portions of it and then inoculated with other vaccine matter until there has been a transformation in the blood, and scabs have come on the outside of the cow or calf, which have been carefully collected, placed in glycerine, or air tight receptacles, where it would retain all the strength of the scabs, and in this fresh state it was sent into the blood of the unfortunate soldier who had gone forth to fight the enemy.

After vaccination came a period of 3 to 10 days of fever in the body and the scab on the arm.

After going to San Juan many soldiers were taken sick and the medical man at first diagnosed it as Yellow Fever. Afterwards they concluded it was not Yellow Fever, but Typho-Malarial Fever, but the report is that the doctors did not know how to treat it in any case and there was a frightful loss of life. These things are history. No "regular doctor" can shoo us off the nest when we get on to these facts. Every soldier was vaccinated and of these vaccinated ones 5277 "expired from disease." Disease of of what?

In any other business in the world, financial, engineering, navigation, or in any government, there would have been a cause diligently sought for to know why this 5277 men should have been stricken with the fever. "Expired".

At one place this "regular" tells us that the *Typhosus Bacillus* gets an entrance somewhere and produces death and he attributes a fever to the presence of this germ, but he does not say a word as to what kind of a germ he vaccinated the thousands of soldiers with. They died, and when they died the whole world stood aghast. If they had been aghast at the actual causes and at the beginnings or foundations of this fever, which was first called Yellow Fever and next called Typho-Malaria, and then did not know what it was, but brought them back to Montauk to let them have good air and get well—we say if the nation could have seen the original cause of this fever in the infernal scheme of vaccinating every soldier, they would have been aghast at the enormity of the regular doctor.

We are perfectly willing to give the Bacteriologists credit for honesty in their investigation, but we are not willing to have the lives of 5277 American soldiers placed to the credit of a little bug when we are perfectly satisfied that the regular did the work with his vaccination lymph.

Let the nation and the whole world stand aghast at this useless sacrifice of life. Not only the 5277 American soldiers have been killed but millions of others, women and children have been sacrificed and are in their graves through the stupidity and culpable wickedness of this regular doctor.

If the people would wake up to the reality of these vile criminalities of vaccination, mercury giving, poison dosing and useless surgical operations which are transpiring at this moment all over the world, the regular doctor would be shunned by every civilized being on the earth.

At the best this regular is a licensed poisoner and a licensed murderer.

Even to suppose that the fever is produced by the bacillus, which supposition of course is unfounded, but, even to suppose that a bacillus produces the fever in the infant's jaw when the milk teeth are about to come through, what kind of a bacillus is it, that brings the flush in your face and neck and makes your ears tingle if you are a bashful boy and someone tells you of some personal deformity? These are fevers, momentarily as it were, but they are just the same kind of fevers, heat, flushing of the skin and redness, rise of temperature, and quick beating of the heart, with many other symptoms which will readily suggest themselves to the mind of the reader. as typhoid?

Even if there was a bug that had invaded the bodies of these 5277 American soldiers who had expired by disease either in camp

of detention and instruction or in the hospital afterwards—we say even if there was a bug in the case, that bug, or his progenitors was inoculated into these soldiers when they were vaccinated after they had joined the army. They had been examined by the best surgeons in the United States army. Every one of those men was in perfect health before he was vaccinated. After he was vaccinated, he was subject to any sort of sickness. It did not require the Typho Bacillus to land him in the grave yard. We are giving the majority of the Bacteriologists credit for being honest. But consider the facts.

Let the reader turn back to our Scheme of life in the first part of the book and examine figures 1, 2, 3, 4, and 5. Up to the formation of the white blood corpuscles, no one pretends to know anything. They do not know what goes before—but only what comes after. The white blood corpuscle condenses on its outside wall and becomes a red blood corpuscle.

It is fitted to become a toiler, repairer, worker, and builder up of every tissue in the body.

May it not be possible that what these professors of Bacteriology claim to be Bacilli—that these Bacilli, which they have so industriously investigated, are only parts—immature parts—of white blood corpuscles?

And that, from the presence of poison, as in the case of vaccination matter and the heat from the ground with any other cause which may suggest itself, these parts of the blood which are not yet formed are really what these Bacteriological professors have found out through their numerous chemical changes.

So far as their cultures go, we place no dependence in them whatever.

If any one wants to make a good culture let them place a can of milk in the sun's rays for a few hours, but here they might say that germs are already in the milk. Let us boil some hops, ginger, and barley together. Place this water for 60 hours in a warm temperature and see what a culture that can have. What does this culture come from? It surely was not in the boiling water. We answer that this culture or whatever may be found in this water comes from the air.

And yet the best microscopist on the earth will never be able to detect any germs in the air, but they are there all the same.

Because we find that in some parts of Montana, Colorado, on the Rocky Mountains where the air is dry and pure we can hang up a piece of meat and the juice will dry out until it is perfectly dry. No germs in that air. But if any one would hang a piece of meat

up in any place on the Atlantic coast from Maine to Florida and from there to Panama, and if it is not alive within 48 hours with germs and bacterian and they will give us proof of it, we will agree to believe that it might be possible for a regular doctor to tell the truth. But as we know from 40 years' experience that they have never told the truth in any place where they could tell a lie and that their whole scheme has been to blind the eyes of the common people and keep the common people in ignorance and as we know there is nothing in Allopathy and never has been since 1541, or since the days of Theophrastus Von Hohenheim first went into the mines of Tyrol and there conceived the idea that a human body was like the mineral and could be purified with other minerals. It may be possible that we are right in the supposition that these statements that these Bacteriologists have found are really parts of blood corpuscles—immature parts,—but when we know that a man can have typhoid fever—a case of typhoid fever by being crossed in love and have these Typhosus Bacilli eat him up and when we know the Bacillus of Consumption are very near in shape with this bacillus of typhoid, and we find that these Bacilli have to go through a lot of processes, staining, etc., it makes us suspicious that what these Bacteriologists have found are really nothing more or less than the immature, or undeveloped portions of the blood corpuscles.

Heitzman whose drawings we have copied was a "regular," and he declares that the corpuscles of blood in the human body are in a condition entirely dependent of the condition of the body of the patient, that a person who has Pneumonia, Consumption or any other disease can be readily told by an examination of the blood. We believe it.

We are perfectly willing to believe any thing a "regular" may state, when he will deal in facts. When he is lying, we do not want anything to do with him. Among so many—sixty five thousand in the United States, there must be many an honest man. It must be the case. So far as his daily life is concerned, we think a man might live all of his life and be an honest man and yet be an allopathic doctor. In the History of America, we have had one honest lawyer. Abraham Lincoln. No one ever heard of any other lawyer being honest. If we should suppose Henry Clay was honest—much depends. So with "regulars." It is possible for a man to be a good man and be in this school. But, when it comes to the practice of medicine, we say they are every thing that they can be called and more, because all of their theories are wrong and they are murderers from every point of view.

We accept Heitzman as a microscopist. Not as a regular. Doctor Pavy and many others, who have been students, can be accepted in the same way, as students. What they wrote as facts, can be relied on. And we believe what they say in relation to Anatomy. All they say might be true. When it comes to dosing out medicines or giving us any reasons from cause to effect, on their lines of poison dealing, nothing we could say or write will do them justice.

We have seen cases where the "regular doctor" said that the patient would die of hemorrhage of the bowels. But we have brought these cases out by attending to the same theory that we have advised, viz: that the condition of the blood had been deficient for lack of pure air or something else and having supplied the lacks and pure air the patient recovered.

Our views in regard to the "regular" have been wonderfully modified since we have seen their mistake. We have seen their cases—lungs—according to their examination "impossible to last over four months" and yet we have seen these cases recover and become estimable citizens.

Cancer which according to them is due to a germ is, from a very bitter experience, due to nothing but impure water, foul air, coffee, pork, and tomatoes. No germ is necessary where these elements go into the body. These articles will produce a condition of body which will be cancerous from the top of the head to the sole of the foot, and so we dismiss, and we hope our readers will dismiss the thought of the Typhosus Bacillus into the realms of oblivion.

We do not need him in our business and if he really should exist we know how to shut off his little windpipe, put him out of business, and plant him in the ground and, if it were necessary, plant a marble tombstone over his head; but if we should do this—plant a marble stone—we would write on it the "regular who vaccinated 5277 into eternity through the devilish vaccination scheme."

The sooner the scheme of regular medicine, as practiced at this present time is abolished off the face of the earth, the better for the race of human beings. The fool who teaches in his college|books and says that the most virulent poisons are the best medicines, is a man or brute that should be relegated to oblivion. Their societies, examinations, poisons, certificates, and entire, "*modus operandi*" of treating disease is erroneous from beginning to the end. And with this we finish up our history of forms of fevers.

If we have wearied the reader we shall feel sorry, but if we have opened the eyes of the reader so that he or she can take charge of the little ones and return them to conditions of health without poisoning their bodies and by reclaiming sickly little ones

to health—this work will accomplish the purpose for which it was written

If you have air the purest and water the cleanest, you may reasonably look for a cure in every case of typhoid which has not been drugged by the doctors.

If they have already been poisoned by the administration of medicines from the hands of the poisoner then your case is uncertain to say the very least. But you may hope.

No matter from what cause this appearance of fever may come, there has to be a vast change from what has been and what is to be, if the case is to recover.

In the histories which have been quoted, if they prove anything, they prove that in every case there was a previous history of filthy living, filthy drinking or unhealthy odors or gases.

In the condition of the body which is always present in all cases of fever, we have every reason to believe the whole body is tainted with this filth which has been present before and which has injured the entire volume of blood and now is present in the body, in shape of vile water—the impure air and the dead blood corpuscles which are yet in the body. Consider that all the body is tainted and not alone the intestinal canal.

Should you consider the least inclination to view that body as a victim to “a pathogenic germ” as the recent elegant work of allopathy asserts it is, (*Cyclopedia of Diseases of Children*. By John Keating, M. D., 1889.) we shall have to ask you a few questions.

Do you think it is possible that this fever could be caused by a minute “specific germ,” when so many various people from different places have almost the same thing and that too, when these cases have never known the presence of the other? Could you believe in spontaneous generation.

Could it be conceivable that any germ could exist in a healthy body and produce all the symptoms of fever and yet be obliged to have a period of “incubation” in that body? The germ should make a fever as it lands.

Consider a moment.

Any germ which could fasten itself on the intestines would eat through and sever those intestines while the period of incubation was going on, if that germ was capable of one tenth of the damage which they lay to it.

You will say that sometimes there are hemorrhages from the bowels and that it would be conceivable that these intestines could be so honey-combed by the presence of these parasites, that a hemorrhage would ensue and kill the body by the presence of the

parasites. We assert to you that such a case is not to be conceived on this earth.

There is no more voracious parasite on earth that goes into the bowels of man than the tape worm.

In the mucous surface of the intestines this parasite holds on by hooks or by suckers and reproduces his kind at the expense of the host.

While the symptoms may often become alarming, we do not hear of any special fever which dries the eyes and all the fluids of the body, while the parasite is in the intestines. On the contrary, the presence of these parasites only makes the vital force send greater amounts of nutriment to these intestines and provide for the sustenance of the worm.

Pinworms are often a provoking cause of fever symptoms as are other parasites and other obstructions in the intestinal canal.

They appear to produce heat and rapid rise of temperature. The vital force does this; not the pin worm.

When this pinworm gets low down into the rectum, near the anus, it produces an unpleasant feeling and you say "it itches." So it does. Does the pinworm itch? No. That pinworm is so very distasteful to the vital force that this vital force sends message quick, one after another that there is some foolish thing there that should be taken away. And you get some salt and water and use an injection to the bowels so as to have this pinworm move on out of that particular place. The pinworm does not itch after it has been made to move on out of the place where he was burrowing and making a nest. If we had germs in the body they would cause a similar sensation all over the body. Witness what is done when a person has *Trichina*.

The body is on the alert for their actions and either sends messages (which are aches and pains) to the brain or gives the brain a chance to know of the presence of some foreign body in the intestines. But we never hear of the entire symptoms which are always present when there is a form of fever so uniform as the typhoid. A continued universal fever.

So constantly present are these symptoms, in what has been termed typhoid fever, that there have been many who desired to call this fever (and in some books it is so called) "enteric fever."

As if the fever was due, as they really assert and think it is, to the presence of some animal in the intestines.

Every case of fever will give you the history of some obstruction in the body.



You will never have a typhoid fever case but what you can have a history of some filth in the body or some vile air or water.

If the cases which we have copied are not sufficiently convincing then there are hundreds of others which are ready for your inspection. In every one of them you will have a history of departure from correct living and excesses which are at variance with the laws of health and it will not be hard for one who is seeking after truth to have the history of every individual case of fever and find it to be traced back to unwashed bodies and foul air and water.

The conditions of the fevered body are before you. You look at them with no uncertain eye.

If you have followed us in all of our ideas and you have now the cause of all fevers, especially typhoid fever, in your mind, then we will ask you to bear with us while we point out to you *the steps needed to cleanse that body*.

Of course we do not say that in every case, we are to have the same remedies and the very same programme or that each case will bring the same thoughts as to individual idiosyncrasies.

(This word "idiosyncrasy." means a peculiarity. A personal peculiarity belonging to this individual and not to very many more.)

While you are engaged in this condition of looking after your case of fever—whether it is typhoid—the most common of any fever in this country—we desire to bring to your mind the particular places in the body where you are to make an effort to cleanse.

First the mouth and throat; next the oesophagus or the tube from stomach to throat. And the stomach comes after these things. Second stomach; the small intestines and the large intestines and you are through with what the ancients called the "Prima Via," or the First Way through the body.

You are to think that all the way through that fevered body, they are starving for drinks of water. Little at a time, they need the water. It matters some how you give it. They do not have any desire to be drowned. But they wish to be cleaned out. You must cleanse them out in any event. And we have placed before you Seven Steps by which every corpuscle and every tissue in the body can soon become thoroughly cleansed and if any one says fever after you have the corpuscles cleaned, you can ask where the fever is. There will not be any fever in the body.

#### FIRST STEP.

At the first outset of fever we may reasonably look at the chance to abort or to break up every case, of whatever nature or name,

if we could at once restore to every corpuscle in the body the pure liquid which has been taken out of it. That is, if we could clean all the blood corpuscles.

This liquid is water. When it has gone into the body and become assimilated, then we shall find this liquid in the "blood plasma," and in every other portion and tissue of the body.

In short, there is no place or tissue in the body which can exist without water. Seven tenths of the body is water.

Upon this consideration the first step becomes very simple.

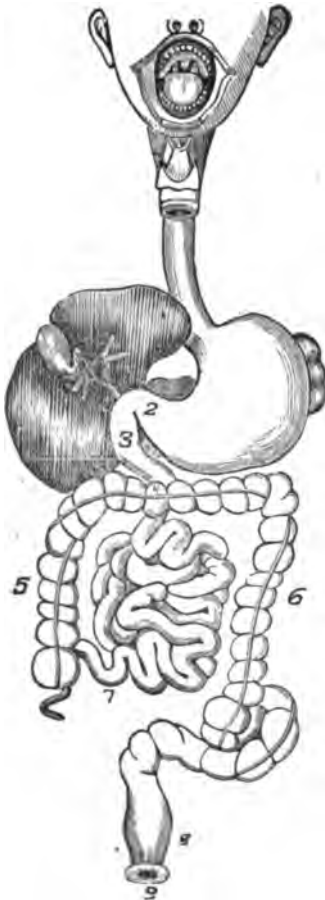


FIGURE 34.

1. STOMACH.
2. PYLORIC OUTLET entering into the second stomach.
3. SECOND STOMACH. (DUODENUM.)
4. SMALL INTESTINES.
5. Ascending colon. Below is seen the CAECUM. The little tail like appendage is called the VERMIFORM APPENDIX, or APPENDIX VERMIFORMIS, or the worm-like appendage.
6. Descending colon. The part running across is called the TRANSVERSE COLON.
7. Ileum.
8. Rectum.
10. ANUS.

The liver is turned back on the left side showing gall bladder and the common gall and liver ducts. (Ductus Communis Choledochus.)

If the reader will now attentively consider that this PRIMA VIA or First Way is what is needed to be cleansed at the first and that when we have cleansed out this first way, we give room for all the corpuscles from all over the body to empty their refuse into this FIRST WAY, then the first rational idea of changing conditions will be seen through. A knowledge practical to your patient and delightful to yourself.

# TYPHOID FEVER.

*An effort of the Vital Force made for the purpose of removing obstructions—from impure water—wrong food, poisonous gases in the air, or mental disquietude. Any thing that kills or poisons the corpuscles of the body in sufficient numbers, may provoke the Vital Force to make this universal effort that we call Typhoid Fever.*

*SYMPTOMS:—Headache—Backache, general discomfort, neckache, bad taste in the mouth; tongue coated; loss of appetite; weakness; sometimes chilly—skin always dry, usually hot and flushed; eyeballs blood shot; odor from the body—offensive—sometimes diarrhea; always nervous; depressed mentally; urine scanty—high colored; whole body listless and feeble.*

## TREATMENT OF TYPHOID.

While we have taken much time in quoting the work of others in the matter of fever, we have seen, if we have been attentive, that none of them had any idea of the causes of fever.

As they did not know the causes—so they could not know what to do correctly.

We shall see this more plainly when we come to examine their treatment which is every where given with their remedies.

This is something which the allopath will never be able to deny.

His villainous and ignorant treatment of fevers in this present and in the past, are on record and we shall never have to call a halt until they are extinct as poisoners of the human body.

We shall take this subject up in seven parts so as not to be confused by the amount of stuff which we have before us.

Also, we shall divide this matter, so as to be sure that no one can be ignorant of what to do in every case of fever.

We shall not hurry, although all the assertions which we make should be carefully watched and if we do not hold all of our positions good, then the reader should take them with any allowance which should be made for one who is traveling a road through which only two men have ever gone before. One of these was Samuel Thomson and the other Alva Curtis of Cincinnati.

These two men were the first so far as we can learn, the only two men who have ever attempted, in a proper manner to explain fever on any scientific grounds.

Neither shall we assert that every case of fever is to be treated alike. So far as our experience goes, every case is in some respect, different from every other case. All are alike in these two facts or conditions:—

1. All are caused by the condition of filth of some kind in the body.

You will come to some time when the temperature of the day runs up to 90 in the shade. On such days you may expect to have the fever in very much worse condition than on days that are cool, and mild.

Why should there be any difference in the days, heat and cold or, what bad effect will heat have on the fevered patient?

You may expect to have a depressing effect on a hot day, because when the body is heated and there is not enough of oxygen in the air, there cannot be the rapid transformation from the white blood corpuscles to the red as when the day is cool. (Figure 5.) If we do not have enough of this pure air to assist these white blood corpuscles to change into a red blood corpuscle, we shall have a very bad day.

It will be found to be the case in everything that is sickly, that in warm weather they are worse. In some cases of consumption and perhaps in rheumatism, this may not be noticed. It may seem to be the opposite. But in all cases of fever—in all, cases of cancer, if it is a cancer and in all cases of wounds and hemorrhages we will find that every day that is warm is much worse for the patient.

On such days, we have to bathe more frequently and to have every particle of air that can be made available to the lungs of the sick one.

Have fanning, if it is agreeable. Have all the doors open. And above all, as often as you can, have the fevered body often bathed in cold water.

Looking back at the deaths of those forty seven seamen and five officers of the Steamer Kearsage, we could tell you what they had.

The Medical man gave them quinine and they had close quarters and did not have much of any washing all over.

If they had been transferred to their native states and not had a bit of medicine, they would have been much better off and perhaps not so many of them would have died and been sent to the bottom of the sea in a sewed up piece of canvass with a shot at their feet.

Now, if you care to look over the first part of the scheme of life, you will see where this kind of knowledge is of great benefit to you.

Clean out all the old stuff that is no longer of any use in the body, and place in good material. Not food. For, at this time, the body and in particular, the digestive apparatus cannot digest

this food. And it is not any food that is wanted at this time. It is water or some kind of grateful liquid. Not drugs by any means. If you can consider along these lines, then when you see any thing to do "do it with all your might" and you will soon have the case under your control.

In any case of fever, where you can do it, and the person can go to the bath room and take a bath, if they have sense enough to know when they are cool, you will have them much better when night time comes and the great heat of the day will not have taken them backwards.

In case they are too weak, then you can have them frequently bathed in cold water with the hand and every time they have much sweat, you can have a change of clothes or night dress, and every time the bathing takes place, you will have more water in the skin and the patient will be better off in every way.

But, we feel sure that in the point where you will find the fevered patient to have improved the most rapidly will be in the improved color of the skin and in the whites of the eyes. Because, this bathing and plenty of air, will allow and assist the V. F. to change the growing white blood corpuscles into red ones because we shall have it possible for the white blood corpuscle to condense on its outer wall and thus perfect itself.

2. Every case of fever should be cleansed and in every case, the sooner this cleansing is given and cleansing is accomplished, we shall have the body free from fever and "fever" will be gone.

3. Finally, in every case of fever, the Apparent thing to do is the real thing to do. At once.

In other words if the case desires a drink of water, give this drink of water.

If it requires bathing, bathe the fevered body.

If it requires an injection to the bowels, give the injection to the bowels, and do it right away.

If it has chills, and needs the emetic, then give the emetic.

If it is feverish and clogged up and needs the other steps, give them and keep right at the very best methods of the body. This is the correct thing to do and thought is needed so as to not run into some routine that will give the patient treatment without any thought. Make thought and observation the first thing by which to treat the case.

We have found that fever is an effort of nature to overcome and to expel from the body, some obstructions which are in that body.

These obstructions may come from many different causes and anything which would lower the tone or the condition of the blood

corpuscles would be liable after a time, to become the provoking cause, but *never the real cause*, of fever.

When the vital force makes the effort then we see the result of the effort,—fever.

The effort which is called fever is never “incubated.” It does not have any “run”.

It does not come from germs.

Fever cannot be produced by anything, except the vital force.

The vital force causes:—

Quick pulse.

Rise of temperature.

Dryness of skin.

Scanty urine.

Headache.

Diarrhea or flux.

Eruption in typhoid.

And each and every other symptom that comes with any and all kinds of fever.

The Living Power produces all these symptoms and the reason why the Living Power produces these symptoms is because there is some effete material, or some excrementitious material in the system that should be thrown off and out of the body.

To get this old, or worn out material out of the body, no matter what that old material is, the Vital Force makes the effort and endeavors by all means to send out this material from the body. This action of the vital force is the fever.

From the foregoing facts, we make the following deductions which it will be worth while for the reader to constantly bear in mind, while before a case of fever.

The condition of every fevered patient is a condition of a body in which there are obstructions of some kind and while these obstructions are in this body, and the body contains life power, we may expect to have the fever or to see the effort of this vital force to expel these offensive obstructions from the body.

When these obstructions are sent or carried from the body, then we shall see an abatement of the effort and a corresponding “reduction” of the fever.

The usual remedies which are commonly given to “reduce a fever” as Aconite, Belladonna, Anti-pyrine, Anti-febrine, Gelsemium and Opiates and narcotics of all kinds, are all poisons and can only act on the vital force by driving off that vital force, and when the fever is destroyed or “reduced” by the means of any or all of these

agents there is a corresponding death of the blood corpuscles and there is no real good accomplished in the body.

The obstructions not being removed from the body, there is no chance to suppose the body is actually in as good condition as it was before these poisons killed the blood corpuscles and by killing, reduced the effort of the intelligent vital force.

To intelligently treat every case of fever, we should, at every step, be able to verify our actions by an appeal to this vital force and assure ourselves that we are assisting this vital force in throwing off the obstructions which are in the body.

When we have the body cleansed we may be assured that there will be no fever, because all fevers are for the removal of some filth, or obstructions which are in the body.

Without something that is offensive to the body, we could never have any fever.

We will place these necessary steps in different headings and find that we simplify our inquiries by this method of thought.

1. **Condition of the Body.**
2. **Steps needed to cleanse that body.**
3. **Food needed and what should not be touched.**
4. **Drinks.**
5. **Remedies which we can depend on.**
6. **Surroundings of the patient.**
7. **Mental conditions as affecting the condition of the body.**

We will take up first *the conditions of the fevered body.*

When we have a condition of fever, we may know, for a certainty that there are obstructions in the body, which the vital force desires to have removed from the body.

There might be a fever from the presence of worms and very often we see this fact and when the worms are removed, the fever (effort) is stopped and we have a cleansed body.

There might be a splinter in the foot and we could see the effort which was made by the vital force to have this splinter removed and when we removed the splinter we should soon cease to have any fever.

If the liver is clogged, we could have a condition which is called "Bilious fever."

As soon as the liver is cleansed, we should soon cease to observe this effort and we should have no "bilious fever."

Scarlet fever is due to the vital force as much as any other effort of nature, but the provoking cause is an animal germ which is taken into the system and stays there while it lives on whatever material may be congenial to it.

The differences in the cases of scarlet fever, are wholly due, not to the contagion itself, but to the condition of the body which this contagious germ finds a lodgment.

Should the body be free from other elements which are offensive to the vital force, we shall find a mild effort of the vital force and we shall have a mild case of fever from this effort of the vital force to expel this poisonous animal germ.

The mildness of this effort will be because there will be an abundance of strength on the part of the vital force and the vital force will expel this germ without much of any effort.

But, if the body is filthy with other matter at the same time and if the blood is laden with pork and potatoes and the child drinks tea or coffee or has been fed on fried cakes and other pastries, then we may confidently look for an increased effort on the part of the vital force to cleanse all of this body at once and the effort will be correspondingly great, while we shall witness a very severe case of scarlet fever.

We might say the same thing about measles, small pox and whooping cough.

It can never be the poisonous germ which causes the fever; but it is the vital force which is antagonistic to the germ and this antagonism leads to the effort on the part of the vital force to expel this poison and thus we see the effort which is the fever. Or, rather we see the result of this effort.

In short we can look for an increase of effort in any case where the body is laboring under obstructions in that body.

In all cases of rheumatic fever, which has pains in some circumscribed part, we shall find there are cold and chilled dead blood corpuscles in this affected and painful part and if we question the case we shall find a history of cold or exposure and also other matters (either gluttony or something else) which would not sound so well in print as in the privacy of the doctor's office.

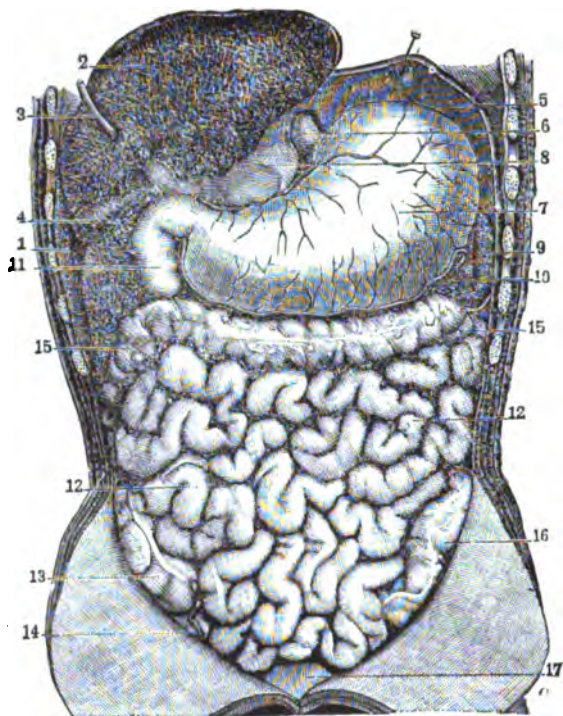
We say in all cases of what are called "rheumatic fever" this will be found to be the case.

You can investigate this to suit the case as we feel certain that this is one of the conditions of all fever which will prove to be a good subject for investigation.

In every case of what is called "typhoid fever," we shall find a history of filth (or if you wish a softer name, lack of cleanliness) in the body and a correspondingly large or small number of dead blood corpuscles in that body and from this condition we shall find the following symptoms:—



FIGURE 35.



**VIEW OF THE ABDOMINAL VISCERA:** the liver raised to show its under surface, and the great omentum removed. 1, upper surface of the liver; 2, under surface; 3, round ligament; 4, gall bladder; 5, diaphragm; 6, œsophagus; 7, stomach; 8, gastro-hepatic omentum; 9, spleen; 10, gastro-splenic omentum; 11, descending portion of the duodenum; 12, small intestines, jejunum and ileum; 13, cæcum; 14, vermiform appendix; 15, transverse colon; 16, sigmoid flexure; 17, urinary bladder.

Consider that the small intestines are from sixteen to nineteen feet in length. That from some cause—impure water, milk, a poisoned gas, these intestines are dried up—in a measure—and are shrunk to a much smaller size than natural.

Think what these intestines need—what the blood corpuscles need—to bring these intestines into a natural condition. You will reach the conclusion that for the great length of intestine, your first agent is clean, pure, soft water.

When this conclusion is reached, you will never allow the fetiche doctor man to drug your child or husband with aconite, opiates or drugs.

The V. F. has never commenced to make this continued and universal effort until every portion of the body has been clogged and obstructed. When you think that the intestines are five times as long as the body is high, you see that these intestines are of the first importance.

1. *Headache.* Showing the liver to be affected and the spinal column to be loaded with effete material.

2. *Backache.* Which would indicate a clogged condition of the kidneys which we shall find by observing the red or highly colored nature of the urine. The urine usually scanty.

3. *A very dry skin.*

Showing that the skin has been clogged up and lacks moisture to have the effete materials passed through this skin.

Kindly do not allow us to be misunderstood.

We do not say that moisture will pass these effete particles through the skin and out of the body.

But our idea is:—that when the blood corpuscles have sufficient moisture in the body and in themselves as much as can be used, they will have the means to pass off this old material and they will free the system from this old matter.

This action is accomplished by the blood corpuscles who are the servants of the body. The servants in the body who are constantly at work to keep the body in the best of condition.

Moisture cannot work *of itself* only *chemically*. But the blood corpuscles can use that moisture to the best advantage and they will use it if they have the opportunity. Because the blood corpuscles are living organized beings under the Vital Force.

4. *A coated tongue.*

Showing that the stomach and intestines have been and are already clogged up and they have no water to supply the needed moisture to all parts of the system.

5. *A thirst.*

This is because there is a demand of nature to supply the body with water.

6. *The loss of appetite.*

Occurring, because the vital force has no time or inclination, during the presence of this "effort," or this "fever," to assimilate fresh quantities of food while it is engaged in carrying off or endeavoring to carry off, the old material which is in the body.

7. *Scantiness of urine.*

Showing there is a lack of moisture in the body.

8. *Diarrhea.*

Which exhibits an effort on the part of the vital force to pass off the excreta, which should have been passed off long ago.

9. *A quickened pulse.*

Showing that there is a greater effort than common to effect some changes in the system. This quickened pulse is not a blind effort of nature, who does not know what is wanted. But, is an

intelligent effort to carry off the old matter which should never have been in the body but a short time and should never have been allowed to stay in the body. When these older matters are in the body then the vital force makes this effort and, if no remedy were ever given, there is every reason to believe that the vital force would eventually carry off these materials out of the body, if she were allowed to have her own way. But the facts are that, when the doctors get to work with remedies, as they call them, they "reduce the fever" with their "antipyretics" and all their series of narcotics and poisons and thus prevent the vital force from doing the things which are necessary for the welfare of the body.

10. *The higher temperature.*

The reason of this higher temperature, may be from friction by reason of increased activity of the blood corpuscles and may be from lack of the usual moisture which keeps the body at one steady temperature. There may be other causes which we shall speak of later on.

But, it is quite certain, that this higher temperature should never be lowered except with nature's own remedy and solvent:—  
WATER.

While there are other symptoms which will claim our attention after a little, yet these are the most prominent among them and these are enough to show us the condition of the body as we desire to know of it.

Applying ourselves to the consideration of the inner condition of the body, we shall find it a condition of UNNATURAL DRYNESS.

The intestine nor any other portion of the body have enough of moisture to assist in its actions, as they should be accomplished day by day.

This then, is a condition of the body. A LACK OF MOISTURE IN THE BODY and when we consider this, we shall see that if there is a lack of moisture in the body, there must be a lack of moisture in the blood corpuscles and as a sequence we have a set of blood corpuscles which are **all smaller than they are when in full health.**

How do we know this fact? If it is a fact.

We know this because the microscopists tell us that when the body fasts for water the corpuscles grow smaller and when there is an abundance of water in the body, there are corpuscles of a full size. That is the way we know this fact.

But, do we have to go to the microscopists to learn of the fact of

dryness in the body; Come with me to the bedside of the typhoid. Kindly put out your tongue.

Ah! Here is a queer tongue.

It is dark colored. It is dry. It is cracked open. It looks as if it were baked up and glazed from want of water. We are satisfied.

This tongue tells as plainly as can be told, that wherever this tongue has any communication, there is an unnatural dryness.

The tongue will have water if this water is in the body.

When we see the tongue dry and parched up, we know very well that there is no water to spare in the body.

The tongue will tell the story of dryness and we see by this tongue that there is too much of dryness in the body to supply this organ. If this little member cannot be supplied with moisture, we may be sure the blood corpuscles are all lacking for moisture.

If they lack needed moisture, they are smaller.

No. We do not have to go any where to know there is a lack of water in the body.

We can see these conditions as fast as we have eyes to see them.

This is one of the unnatural conditions of the body—that it lacks water and lacks it very much.

Then, when we know this fact, we have the key to one of the conditions of the body and we know that—*when these blood corpuscles are smaller they are weaker and they cannot carry off the same amount of effete material which they could have done when they were in health.*

If we follow this idea we see that the filth in the body which had first irritated the vital force is yet remaining in the system, or, the corpuscles which have been killed, are still present in the body forming obstructions antagonistic to the welfare of the body.

These antagonistic atoms being present, the V. F. has commanded the blood corpuscles to an extra effort under the immediate direction of this intelligence of the body, the vital force still endeavors to carry away this extra load, the effete material; but the very presence of this filth in the body and a lack of pure water, is what hinders these blood corpuscles from carrying off the old material as rapidly as in health, and this *continued effort exists* and we find that we cannot rationally get rid of this continued effort, and while this continued effort is being made we have what these medical gentlemen call a "run" of fever.

But it is simply and wholly a CONTINUED EFFORT being made by corpuscles of blood which are smaller and weaker from the lack of moisture in the body.

This is one condition of the body. It will bear your investigation.

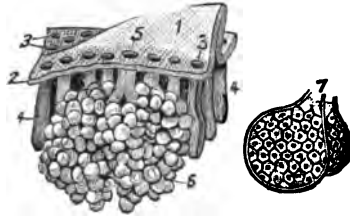
Next, we examine the intestines.

While in health, these intestines are well and abundantly supplied with moisture and this moisture is called the juice of the intestines or the *SUCCUS ENTERICUS*.

Now observe another condition of this disease as they have found it. "A thickening of the patches of Peyer."

What are the patches of "Peyer?"

FIGURE 36.



AVERTICALLY SECTION OF THE DUODENUM, highly magnified.

1. A fold-like villus.
2. Epithelium of the mucous membrane.
3. Orifices of the tubular enteric glands.
- 4—5. Orifices of a duodenal racemose gland.

6—7. Two follicles of the latter, more highly magnified, exhibiting the secretory cells lining their internal surface.

They are described as being: "assemblages of minute glands on the internal surface of the intestines and were first noticed by a person by name of Peyer."

According to Virchow, a Peyer's patch is nothing more than a "lymphatic gland spread out as it were, upon the surface."

But they say these glands are always inflamed when this fever is on.

Can we tell why? These fellows say that it is because of a germ. Let us see if this is so.

Would the germ get into a healthy intestine? No.

Why does this little Arab of a germ get into these intestines, cuddle down in these intestines when there is heat? Will you tell us?

We do not think you will, because this light has never struck you before and this is why you cannot tell us the reason why these germs would be in the intestines when there is a fever and when there is no fever then these germs cannot get into the glands of Peyer nor anywhere else.

But we will try to have you understand it, if you will only consider the actual conditions present, we will think that any case of

typhoid fever will never pass your eyes without thinking of this condition which we are trying to explain to you so as to have you educated on this fever question.

Consider:—Body is lacking moisture.

Intestines lack moisture.

Little glands lack moisture.

Are dry and dying and become dead for lack of moisture.

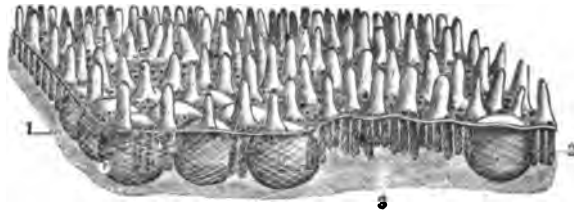
Then, in this state of dryness, this dry state allows the germs and bugs to go into the intestines, and then they go where they can find a lodgement which they could never find when the intestines had plenty of water. Why?

Because this intestine, with its natural juices, when it had water in abundance, would not allow a germ or a foreign body to enter and have a lodgement.

When there was a scarcity of water and there was not sufficient liquid to overcome or destroy the life of these germs, then these germs had a lodgement and they had a nest in which they could breed and stay until they should be washed out.

Thus you will see this is another condition which has not been placed before you for consideration, while you were reading our

FIGURE 37.



PORTION OF THE MUCOUS MEMBRANE FROM THE ILEUM, moderately magnified, exhibiting the villi on the free surface, and between them the orifices of the enteric glands. 1, portion of an agminated gland; 2, a solitary gland; 3, the mucosa.

When the reader commences to study that the V. F. is making a universal effort to have these orifices or holes OPENED UP—and that all the intestines are actually dried up for lack of moisture and clogged up by the myriads of atoms, dead and filthy—no matter whether from vile milk, impure water, rotten food, or decomposition in the air—the result is nearly the same—dried and clogged, we can see with any reasonable sagacity that the first agent to cleanse off these complicated insides, is clear, soft water.

After the water, some grateful nourishing agent—and the most natural, reasonable, suitable supplier of these little glands is a mild liquid food. An infusion of some mild herb as sage, catnep or mint is far more beneficial than all the drugs on earth.

very best reports from these highly educated priests of the medical profession.

They never have told and they never will tell you that this body always lacks water while in this feverish condition because they never knew it. But you can see through this, the moment you consider the actual condition of the fever patient.

This second consideration is to the effect that all fevered bodies are lacking for water and we have a dried up intestine and the more dried up this intestine is, the more fever we have and the more danger there is of having this intestine crack open and then when it does crack open and bleed from these cracks in the intestines we have what are called "hemorrhages from the bowels," and the patient who has these bleedings from the bowels usually goes into the great beyond. Does he not?

This is a condition which should call attention to the actual needs of the body.

This very condition of dryness, which is the very first sight and the first thought when one has the fever, is the condition which has been ignored by the doctors and they have not allowed the patient to have enough water to quench the thirst which was so natural for the body.

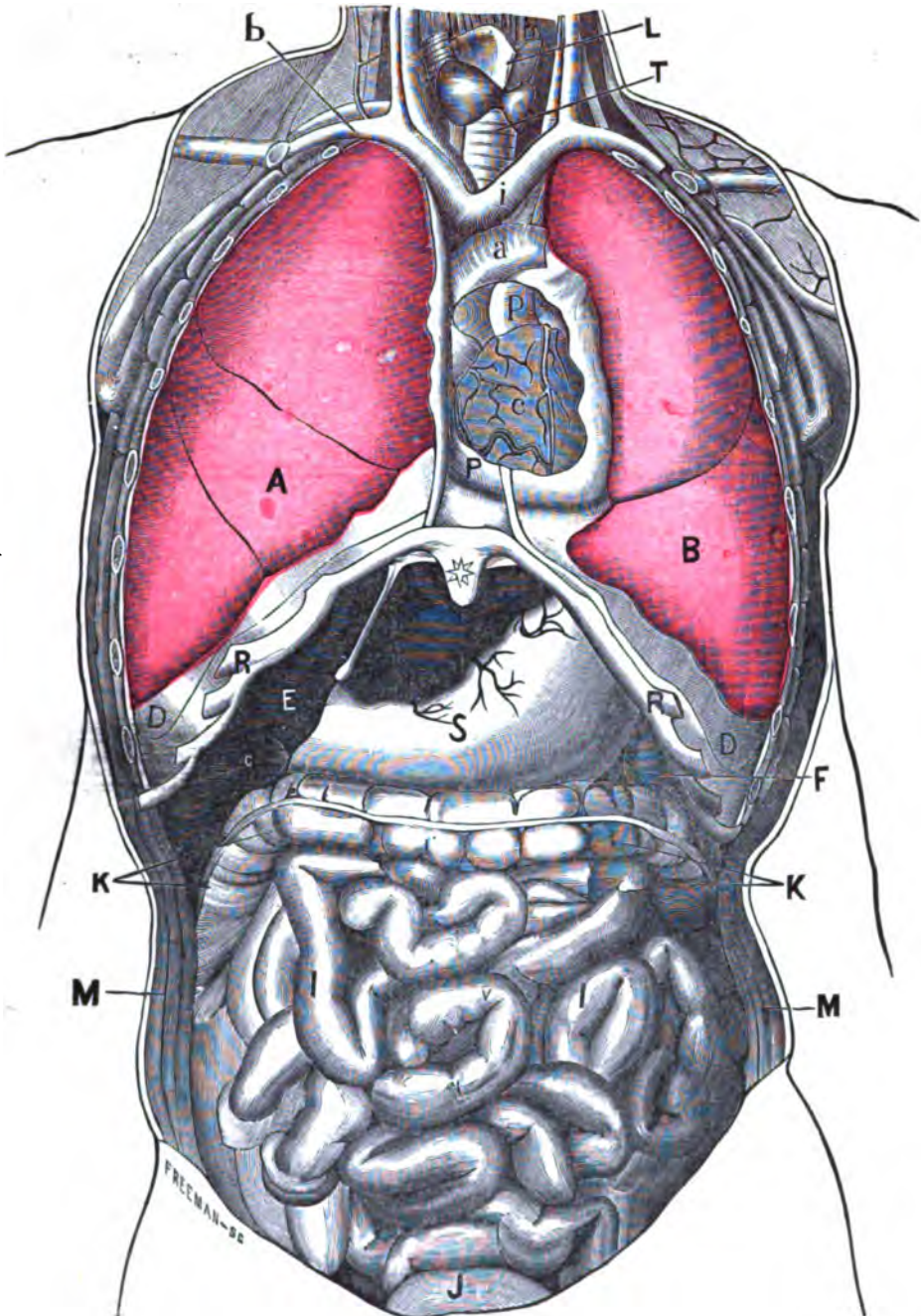
Could you realize this immense and wicked folly which has denied to this fevered body all the water which was so much wanted and which could not be had, and then to think of the beastly doctors going right home and kneeling down to pray after they had told the agonized parents not to allow the fevered child to have any water to drink?

When we think of all the fevered bodies which have been starved for want of water to cool their thirst, then we are tempted to make some wish. But we desire to punish no one. "Vengeance is mine, saith the Lord," and we have no idea of ever wishing any one evil.

Besides, there is no doubt but what many men searched after the very best way to do and so we let them go with the best wishes we have. At the same time, we desire every one to learn the condition of the body so as to intelligently treat every case of fever and make it easy so they can soon get well and help some one else. We know that all the water one can drink, is not too much. Why? Because all the water which can go into the body, helps those blood corpuscles to work faithfully to carry off this worn out material which has gone into the body from any and all sources. Vile water; milk or smells.



**KEITH'S DOMESTIC PRACTICE. PLATE XIV.**



a. Aorta. d. Right subclavian artery. L. Larynx. P. P. Pericardium. T. Bronchial tube. A. Right lung. B. Left lung. D. D. Diaphragm. R. R. Ribs turned back. E. Liver. C. Gall duct. S. Stomach. F. Spleen (should be lower down.) K. (On right side.) Ascending colon and the bend on the transverse colon. K. (Left side.) Transverse and descending colons. M. Fascia—covering the bowels. J. Bladder. I. I. small intestines.

This plate represents one of the forms which should be perfect.

It has not been squeezed in by the corset and the parts, with some little exaggeration, are correctly placed. By thinking of these organs, when any of the family get sick, one can very soon come to a conclusion as to what is the matter with the case and have a very fair idea of where the obstruction may be.

By giving a moment to the reflection that the intestines are five times as long as the person is high, we find that nearly all of our troubles are in the intestines. All kinds of obstructions commence in the intestines and from there they will spread to all other parts of the body.

In these intestines we find the first cause of cancer and paralysis, because these intestines are not kept clean and have received great irritation from being driven along with physics.





FIGURE 38.

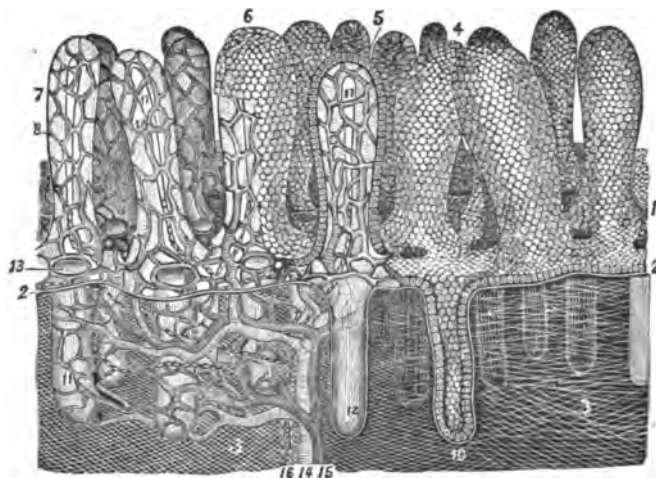


DIAGRAM OF THE STRUCTURE OF THE MUCOUS MEMBRANE OF THE ILEUM, HIGHLY MAGNIFIED.

1, epithelium forming the free surface of the mucous membrane; 2, basement membrane; 3, the mucosa, composed of fibro connective-tissue; 4, villa covered with epithelium; 5, a villus deprived of one-half of its epithelium, and exhibiting through its basement layer the blood vessels; 6, a villus partially deprived of its epithelium; 7, villi totally deprived of their epithelium, but retaining their basement membrane; 8, enteric glands embedded in the mucosa; 9, orifices of the enteric glands opening on the free surface of the mucous membrane between the villi; 10, section of an enteric gland, with its epithelial lining; 11, enteric gland stripped of the latter, but retaining their basement membrane; 12, one of the glands in section, without its epithelium; 13, capillaries surrounding the orifices of the enteric glands; 14, an artery; 15, a vein; 16, lymphatics or lacteals; 17, commencement of the latter within the villi; 18, capillary blood vessels of the villi.

When the human system is in perfect health, the blood goes easily into all parts of the body. After the blood has become thickened,—as it will be thickened when some of the corpuscles have been killed and the disintegrated atoms are in the blood stream, we see that there must be a corresponding obstruction in the intestines.

The intestines are clogged, obstructed and dried—and of course—shrunk up—made smaller.

Figure 38 shows the veins, arteries and orifices or apertures.

It is not a germ that causes these orifices to be clogged up. It is the presence of filth, dirt, obstructions that causes the veins, arteries and mucous membrane to be stopped. Then, when irritated, the membrane becomes smaller or shrunk, because of the muscular coats being irritated. They are irritated and contract.

Irritation always makes contraction. Look at this figure 38 and and see what irritation the doctor can make with his “through of Calomel.” MERCURY and SALT.

Here you have one cause of the horrible breaths of those who accustom themselves to take physic. They kill the intestines and they rot in the inside of the body.

There is yet one more of these considerations which should come into your mind as you take the case to treat.

This is that every artery and every vein in this fevered body is shrunk and smaller than when it was in health.

Why? Because these veins and arteries have not so much living blood nor so much liquid to carry and therefore they will shrink to the calibre which is required to take the blood actually in the body.

So, we know they will be smaller than when they carried the full amount of blood as they did in health.

The arteries also, have no smooth surface as they had when they were clean and in health.

How do we know this?

Because the old materials which have been in the body, have filled every place in the body and it would be inconceivable that this material which is so distressing to the vital force should not have gone into the arteries and lined these tubes, as well as the veins, with this dead material as much as old greasy sink spouts are lined with the grease of the dish water.

Besides this, we have to account for the delirium which follows nearly every case of protracted fever.

This delirium comes because there is not good blood in the head or in the brain.

The blood has been mixed with the effete and worn out particles which have been absorbed through the bowels and thus we see that when these bowels have been dry and become putrefied, they have also absorbed the materials which should have passed off through the bowels and this filthy stuff goes into the volume of blood and clogs the brain. Hence—"delirium."

When we see the typhoid patient "out of his head," we may be sure that the intestines have been in a very foul condition and that this foul matter has been absorbed and passed into the general circulation of the blood and of course, into the brain. As there is not blood enough to do the work of the body, so we find when the patient sits up there is faintness.

This is because there is not blood enough in the arteries to fill out the brains as well as other portions of the body.

When the patient sits up, a part of this blood goes down and there is not strength to have it flow to the head and supply the brain. Here is one cause of the faintness when the patient sits up or has to rise suddenly. Perhaps, also, there is not enough of blood to fill the entire system.

The spleen, being, as is supposed, an appendage of the liver,

takes in these old particles of dead blood and other worn out and useless matter which should be passed off and after a little, this spleen becomes disorganized, from the presence of this putrefactive material which should be cleansed from the body.

We may also suppose the bronchial cells to be lined with this material which should be called filth, as it is in the condition of effete and offensive matter to the body, and when this material lines the bronchial cells, then we have a short and quick but not free breathing.

As the patient gets better, this condition passes off.

When this material passes into the heart, as it must, and when the poison doctor gives "something to have the patient have a good night's rest," as Dover's powders, Opium, Phenetacine, or any of the other poisons which they may select, then, instead of the patient having "a good nights' rest," the patient really has a drunken sleep and *is not rested in any sense*, and the heart has to suffer from the presence of this poison.

After a little, then we have some sudden change and we find the patient suddenly sinking from the fact that the diminutive brains of the heart are clogged and death comes quickly.

The ganglia are clogged by these poisons—and then we have a "heart failure."

If the truth were told, we should accord a heart poisoning from these devilish drugs of the chemist and the allopathic doctor.

There is yet one more condition of the body to which we desire to call your careful attention.

This is the fact, that during any exhibition of typhoid fever, (except when the death sweat commences,) there is never any sweat until the fever is broken. Why?

To answer this question to your satisfaction, let us suppose that you have a yard to clean up and you have a hired man.

You go into the yard and tell the man—"here are your tools; a wheel barrow; a spade; a rake and shovel. Gather up these old materials, shovel them into your wheel barrow and wheel them out into the lot adjoining where the man can take them off into some other field."

If your man is able and willing he will do as you say. But, if your man is weak, puny, heart-sick and starved then would you expect to have him wheel anything much or any distance?

You might expect him to do so, but you would be mistaken in the result.

If the man was starved—if he had no dinner and no supper the day before yesterday and nothing yesterday and he was obliged to

tramp along all day and lie in the ditch last night, without even a drink of water, do you think you would get much out of him this day?

Suppose the past week your man has only one meal and that meal was from some green grass which he chewed up out in the meadow, and that his shoes were off and his clothes were all mud and slime, do you think this man would do much of any wheeling or of any gathering of your materials together?

You would not expect it.

In the case of the blood corpuscles you have a similar condition. They are starved. Weak. Have no strength.

And while it is their pleasure when in health, to gather up and carry off all the refuse material in the body and land a part of those old materials on the skin, while they are sick and weak and laden with this filth they cannot do much of any thing except to keep from going dead and as for carrying any thing to the surface of the body, they cannot do it and hence your skin is dry and there is no sweat coming to this skin as when you were in health.

Beside this, there are not so many corpuscles in the body when there is a fever, and especially if there is a continued fever—as there were before there was any thing in the body to provoke the effort of fever.

By considering all the conditions which are in the body and which have been in the body while the feverish conditions have continued, you see what we mean.

Smells have killed some of the corpuscles. These that have been killed, are being disintegrated by the blood stream and these disintegrated atoms are clogging up all the spaces in the body. Every spare space, because there are not enough outlets that are open, so that these other good and live ones can carry off these disintegrated atoms. Not so many as there were before the provoking cause came into the body. Great numbers of the corpuscles killed and every avenue in the body more clogged than ever before and not so many servants to do the will of the Vital Force. Hence the combined and continued effort.

You think, if you could only see the body throw out its sweat, you are sure the fevered patient would be all right.

This would be true in case there was only a trifle of fever.

But in the cases about which we have been reading where they had been drinking filth from those wells where they had turned the privy into their drinking water, you see the whole body and the entire volume of blood was too much weakened and too filthy to be in good order even if you could sweat good.

A sweat alone could not benefit much.

Besides this there can be a sweat from giving Aconite but this is a sweat from weakness, as also, is the sweat from Gelsemium.

You could sweat a patient with Jaborandi. but this sweat of Jaborandi is so very weakening that after you tried this occasionally you would become so frightened that you would let the Jaborandi stay on the shelf or let the other fellows try it awhile.

What is wanted, is to have the corpuscles in such good condition that they will go to work and do this work carrying off this old material with a good will and feel fine afterwards.

You desire to have these corpuscles fed and strengthened before you ask them to clean out your back yard.

And if you know enough to give those weakened and starved corpuscles a drink and treat them good then you may be sure you will have won the hearts of those corpuscles and they will willingly work for you and yours.

If some of these considerations are well in the head, then you can be ready to think of the succeeding steps in cases of fever and will never be rattled by thinking of fever as an enemy, but, you will think that this effort which you see being made, in every case of fever all right, is an effort of the vital force and this vital force makes an effort, but the corpuscles are so laden and the body is so filled with material which should have been passed off from the body long ago, and this effort is an effort of the friend of the body, the only conservator of the body; the governing intelligence of the body and this the VITAL FORCE.

When you read over these thoughts, this mode of reasoning, you will wonder why some one has never placed these thoughts and facts before you, or before some of the teachers in the medical schools.

We can tell you the reason.

The doctors are all erroneously educated and have been taught wrong from the very first lesson of their medical colleges. They have all commenced wrong when their text books teach and assert that there is no such thing, or force on earth as the Vital Forces then they will teach that "electricity" or some thing else is what can make "life." Which is a stupid lie.

Nothing can make life. God alone can make life. Life is a Force, and intelligence of itself.

Life is transmitted from the father to the son and so on through every atom from the first one that God placed life in at the beginning of earth's earliest stages. This life, or this Vital Force, has been transmitted from Adam to every man and woman and in each

and every other atom that has transmitted the Force that we call life from the very first.

The medical men ignore this living principle and hence they are at fault in all and every one of their conclusions. The doctors are all wrong from the very first start and because of this being wrong, they will not have the truth and have never thought of the correct transmission of life nor of anything in connection with the existence of man. Satan has blinded their eyes, and whoever trusts one of these doctors is trusting to an ignorant person, no matter how smooth and nice he or she may appear on the surface.

More than this, if the doctors could capture and convict every one who may believe in these truths, these doctors would take him or her right out and crucify them just the same as the Jews and Romans crucified Christ.

Doctors and drug stores would not do the crucifixion just the same as they did then—but they would and do make life miserable for every one who tries to know anything about the way they do things. All the medical colleges have combined to keep what knowledge they have (we say they do not have much to conceal and really nothing that is of any practical value to the practical man) out of the reach of the laboring man. And, by their actions, they have kept the laboring man from thinking for himself. For this reason, you have never had these truths presented to you before this time.

There is no good in the doctors because they are educated in lies and steeped in villainy from the very beginning. They will not have the truth. If these truths are sent to you, be sure it is because you have asked for wisdom and God has sent an humble instrument to give you these thoughts in answer to some prayer of yours either lately or for some time back.

This in answer to your desire for wisdom; or, your desire to have the truth.

And therefore, if fever is anything, it is the act of a friend to overcome and drive out intruding elements of dirt which have gone into that unknown, unasked and unwished for by any thing which is in possession of the body.

In other words—Every fevered body is a body full of obstruction. A fevered body is a filthy body?

There are two causes for the condition of dryness of the skin.

One is, the heavy load of filth which has been put on them by the vile air and water which they have had to contend with.

The next is the shrinking of the smaller arteries and veins in the true skin which is called "the capillary system."

And finally, this dryness comes because many of the corpuscles are dead and the blood is so laden with old and effete material that the living blood cannot deposit the old and dead stuff on the outside.

Add to these conditions, the fact, that all the blood lacks water and you have the situation as it is.

*A filthy body.*

*A dry body.*

*A body in which the corpuscles are starved and shrunken.*

*A filthy state of the arteries and veins.*

*A laden liver. A cell clogged liver.*

*A clogged gall duct.*

*Spleen filled with old and dead blood corpuscles.*

*Kidneys inactive because of being filled with this filth.*

*Bronchial cells laden with this old and filthy material some of which is being thrown out in the form of a bad breath.*

*The heart irritated and active because of the effort of the vital force.*

*The arteries shrunken and smaller.*

When all these are considered, (and it would take another day to give you all the other points about this fever—but which will come before you when you next see a fevered case,) then we say, if you have considered all these things and facts, then you are ready to think and act on the steps needed to have this body cleansed in the very soonest possible space of time.

When we consider this condition of the body, we can almost shadow out the correct methods to pursue in cases of fever and which would be one of the most common sense treatments and one which would make the patient as easy as possible.

This treatment could be accomplished in the shortest possible space of time.

We see that the most benefit can be immediately derived by giving the patient all the water wanted and all the liquid which will go into the body.

If you have had all of these considerations in your head and if you really desire to do the very best thing for this fevered patient now we will commence to talk about this treatment of fever.

What do we want?

We want to cleanse the body.

We do not so much care what has caused the condition as much as we should care to have that condition changed as rapidly as can be.

What shall we change at the very first? We think this a good question.



The answer should be—and we should wish to answer this so we can hear it out on the Rocky Mountains and feel the earth tremble as the echo comes back to each soul and especially to those persons who have the welfare of every person at heart—assist the blood corpuscles to cleanse themselves.

Give these blood corpuscles enough water to wash themselves and so that we can have enough to throw off all the stuff that is now clogging up their little bodies. Enough so that they can throw out enough water that is in their bodies that is impure and replace that old water with good, clean water. Nothing can assist them as much as clean pure water. When they have this, they will soon cleanse your body so that it will be better in every way.

If you will do this, the next thing will be that the blood corpuscles will have the body all right and will keep that body right. The—fever—the effort will be over.

What shall be done at the first?

Look at the condition of the patient and you will see that the very first thing which should be done would be to have that dryness of the skin changed.

What will change this dryness of the skin? Water.

How shall we apply it? Shall we go and get some stuff which some one says or thinks is *better* water than the water which is in the house. Spring water or bottled water?

We desire this water for all the objects which we have outlined and it should be such water as will cleanse the body commencing at the skin and lastly giving these filth laden corpuscles a chance to fill themselves full of clean water and go to work.

Without the water so necessary for these objects we shall be disappointed in our treatment and have the case lingering along very much more unsatisfactory than if we had this good and pure water.

This very first thing to see to, is to have the best water which can be obtained.

It should be soft water if possible. If there is no soft water then we are not so well fitted to treat the fever as we would be if we had it.

Pure soft water is the best thing to have on earth.

If no soft water, what next? The next best thing is the water from a deep well.

Look at this good, because on this point is the foundation of all your building.

Soft or clean water and pure air. Two necessities.

If you have a case of fever on your hands, or, under your

charge, or, if you have a case that you love, devolving on you, then, if you cannot get clean soft water—have a distiller. Drink distilled water. And, if you think that you are too poor to have a distiller, then boil all the water that is to go inside of the body of your fevered patient. Nothing is so important as the water supply, after the air. May be the air should be first in these cases. But, without pure and clean water, you may be sure that the fevered body will not do as well as it would have done if it had pure and soft water.

Make it sure in your mind, that all your care is gone for nothing unless the water which you are using is to be clean and pure.

The water is not only to be soft—it must be clean.

When you have pure water the first of all the needed things is in your hands. The second necessity is pure air.

You might as well try to stop a fire with giant powder as to think of rationally trying to put out the fever while the filth is flowing into the body through the lungs *via* a pile of manure from the back yard.

You would think that a mother who would set the child on a red hot stove while she fed the child with bread and milk, would be an idiot.

But she would be no worse an idiot than the one who would  
These two basic facts are what you must never forget.

If you have no water which is pure and if there can be no air to breathe, you may rest assured at once that you will lose the case. Actual necessities, pure air, soft water.

We shall come to the details of that part of the cure of all fevers but at this time we do not go into a bill of particulars so much as we shall in the future on this subject, but we tell you that the condition of all of the blood corpuscles in the body is to be determined by the condition of the air and if you cannot have PURE AIR there will be no use to try to rapidly cure the patient.

You do not have to have any darkness or any guess work on this matter.

You have the cause of fever in your head by this time and you know that if the vital force is making an effort, that vital force is using the corpuscles and these corpuscles have to work and if they work they have to have nourishment and this nourishment includes pure air and pure water.

Do not for one moment think that any case of typhoid fever is to pull through all right in some little back room with only one window and the door to be closed every night.

Banish from your mind in a minute, the very fancy, that any

case of fever is to be rapidly subdued while the patient is breathing some air from a water closet or from some kitchen smoke.

If you think you could go and spit in the face of God, you would have much boldness in your mind.

But to go and spit in the face of the great God of heaven and earth would not be any worse in practice than to imagine that one can raise a typhoid fever patient up from that condition of filth while every breath is a breath drawn from the contamination of a sink hole under the window.\*

Give every fevered patient as much water or as much clean drink as the appetite craves. Cool water; lemonade or orangeade.

Later on we shall take up the subject of drinks, but at this time, we shall say give to drink all that is wanted.

One of the reasons why the allopaths have never desired water to be given, is for the reason that they are, and have been in the habit of giving some preparation of Mercury.

When they followed this dose of mercury by giving of water then the patient became salivated. So, for this reason they kept the water from the feverish patient. This is one of the reasons also, why, at this day there is so much superstition among the common people about the patient having all the water which is craved and should be given to the fevered body. In every case of obstruction in the intestines, water would be the great solvent and the great cleaner.

The doctors hate water.

In fact, they dislike anything which seems to take the people from their control and domination.

#### REASONS FOR THIS FIRST STEP.

The writer was once called to see the little son of a professional gentlemen. The child was not thought to be much sick.

Looking about the condition of the house we discovered that all the slops and night jars had been emptied from a window where the little chap slept.

We decided the case was very bad. He did not look very bad. But the air was bad and there seemed to be very much languor for the amount of fever exhibited. We wished counsel at once. The mother objected and thought if she could give something to cure the restlessness of the child, it would come out all right. While we were absent they gave a dose of "Jaynes carminative balsam" and the next morning the child did not wake up. They then called in some other doctors but the child died that day without much of any fever and without very many fever symptoms.

We mentally decided that the aristocratic mother who had thought proper to pour her slops from the window during the winter and had forgotten that the spring, with its warm days would disintegrate those slops and send them back into the window as smells, really killed her little son.

It is true she was ignorant. But being ignorant will never change the law. Nor being sorry, will never relieve one from the penalty of the broken law. The child was dead.

1. The drink goes at once into the general circulation and supplies all needed fluid for the blood corpuscles.
2. It washes the bowels, which are always full of filth in fevers.
3. It cools the temperature of the body.
4. Drink supplies every tissue in the body with the needed element to recover its cleanly condition.
5. Drink thins the filth in the system and allows it to be more readily carried from its present positions. This moving of the filth of the body, is all accomplished by the blood corpuscles. Filth never moves of itself. Living matter has to move filth.
6. Liquids, which are grateful to the palate, supply moisture to organs of the body and thus prevent them from drying up.

This must specially be the case where the liver, kidneys, pancreas and lungs are in the dried up condition as they are, in all cases of typhoid fever.
7. Drink by thinning the blood from its condition of dryness, renders the blood more fluid and ready to take up the effete material which is in the body, and thus indirectly, the drink assists the blood to cleanse the capillaries of the lungs and clean out the bronchial cells, so that air will have a better opportunity of getting at the venous blood to change from blue to red. In short drinking water cleans out the heart.

## SECOND STEP.

Wash the surface of the body in COLD WATER.

SPECIAL AND POSITIVE NOTICE.

Every case of fever should be washed with the hand and never with the rags and sponges and towels which are common.

Do not, under any circumstances, allow a sponge to be placed on the body of a fever patient.

It is true, this involves much labor on the part of the nurse and some trifling danger on the part of the ones who do this washing.

The danger is this:—Whoever washes a patient sick with the fever, does not catch any bug that makes fever; but, they absorb some of the filthy material that is on the body of the typhoid fever patient and this absorption into the skin, may cause them to have a spell of sickness, from this filth being absorbed into their body.

Some of this danger can be overcome by keeping the hands wet in cold water at every half minute or every ten seconds and washing off all the hand can gather with its rubbing. And, if the person is strong, it can soon be thrown off from the body of the one who is doing the washing.

A weakly person should never wash a sick person.

The washing is very important and cold, soft water is an important item in the washing of the body. Should there be much fear or apprehension on the part of the nurse, then a small linen or soft cotton rag can be used. The hand is much better, as it fits into all the hollows of the person's body and there is nothing so beneficial as the human hand.

Animal magnetism may also be another factor for helping the sick one. This of course, is taken from the strong person who may be doing the washing. If the patient is a child, father, mother, husband or wife, this will not matter, because of the kindly feeling or love they bear towards the sick one.

If the patient is a stranger, and may be diseased with some other disease than the fever, there may be and will be, more danger than if it is a case of simple fever. In these cases the sponge or soft towel can be used.

Very much could be said of the care taken of the patient and much more concerning the breath, smell of the feces, and smell from the fevered patient, who may or may not be a member of the family.

In all of these cases, we are taking it for granted that we desire to have the patient get well the soonest and we are looking at these steps so that we can break up or abort or cut short every case of fever in the very shortest possible space of time.

If this patient is a son, daughter, wife or husband, we will take all chances to take it ourselves for our love for the case and take due precautions of our own body. But, if we are fore warned and fore armed when we come to the bedside of all and any of these fevered cases, then we will get our patient very soon out of danger to themselves and also have not much danger to our own bodies.

If there is any itching on the skin, use a soft alkaline wash.

Add to three quarts of water, cold, an ounce of Bi-Carbonate of Soda. Mix this up good, so the water can be slippery to the fingers and this will bring the itching to small point.

Should this not be enough to allay the itching, place a tablespoonful of dilute ammonia in the water. Or dissolve a piece of borax in the water.

When we use these articles in washing a fevered patient, we consider the build of the person and the condition of the body.

If it is a woman and she was delicate, this amount of ammonia would be too much. Borax would be better. All depends on the condition of the patient. And much depends on the judgment of the person who is advised to use these remedies. They are safe

if the person has not been drugged. If the person has been drugged, then use the soda and let ammonia alone. If soda is not obtainable, use ashes which can be tied in a cloth and are as good to make the water some alkaline. If it feels slippery to the fingers and is not bity it will be all right with most of the adult patients. If this alkaline wash, or weak lye is used too strong, it will make the skin very tender, and better be used several times a day rather than have this occur. Sores, pimples and itching places washed with this weak lye will be benefitted in every way.

When the next bath is given it will not be needed to give this weak lye bath. Cold water will be all that will be needed.

Towels should be well cleansed and every towel used on a fevered patient should receive a thorough boiling before being used a second time. Washed, boiled, rinsed and dried before being again used.

Towels used by a fevered patient should not again be used by members of the family, if it can be helped. They should be saved for other fevered cases, no matter how valuable they are. Use clean towels and new ones that have not been used on any invalids, if you desire to keep the well ones well.

#### REASONS FOR THIS SECOND STEP.

Because the skin is always dry in all cases of fever. Especially in every case of typhoid fever.

Because, by opening the pores of the skin, one can best assist the blood corpuscles to carry off the effete and useless material which comes to the surface through the capillaries.

The corpuscles need liquid and this washing will be absorbed and thus assist these corpuscles.

Because no other method has ever been devised to so rapidly abstract the extra amount of heat from the body as by the cold baths.

Washing adds volume to the dried up blood current.

Rubbing with the hand starts the circulation of the inactive capillaries.

How can we tell these capillaries are inactive?

Because we know, from the dryness of the skin, that these corpuscles are no longer bringing the insensible perspiration to the skin as they do in health.

Typhoid fever has also been called the "nerve fever."

We often see the skin cold and clammy while there is apparently a great deal of fever underneath the skin.

This may be because the capillaries are clogged and shrunken:

or, it may be from the blood corpuscles being unable to move from the loads of effete material which clogs them full.

In any of these cases, and of others where there is an obstructed circulation, this second step is of the utmost importance.

There cannot be any doubt but what every time the skin is washed, the nerves are cleaned by the action of the blood corpuscles. The fever goes down and this washing is one of the best nervines in the world.



Fig. 39.

Very many persons (and this includes a great many medical men) do not have the correct idea as to the skin.

When we bathe all over in cold water, we take off the loose scales and we are better. If we wash in *warm water* we take off too many of these scales and we open up the pores of the skin and then they shut up quick and we have a cold. Washing in cold water is best. It keeps the skin in good order.

*c.* Stratum Corneum. *l.* Stratum Lucidum. *g.* Stratum Granulosum. *m.* Stratum Malpighii. *n. b.* Nerve Fibrils.

Washing starts off the dried up horny layer which is on the outside of the body and thus gives the whole arterial system renewed opportunity to cleanse itself.

Washing adds more liquid to the necessities of the blood current and thus assists the heart and lungs to have fresher and cleaner blood in their circulation than they did before the washing.

### THIRD STEP.

CLEANSE THE BOWELS BY MEANS OF COPIOUS OR LARGE INJECTIONS OF WARM WATER.

REASONS FOR THIS STEP.

1. Because the rectum, the descending, transverse and ascending colons, are all so many sewers of the body in a way, and

when they are washed out, they have a chance to receive more of the old and effete material that is in the system.

2. They draw from all parts of the body, the wastes and worn out material and have it ready to pass off. By washing out this reservoir one can more rapidly assist in cleansing all the intestinal canal than by giving any amount of physic, because this is done by assisting the corpuscles, while the physic kills the corpuscles and has to be carried off at the expense of the vital force.

3. By this second and third step combined, we will find an increased appetite which will show that the gastric follicles are more active and that the interior circulation is not as much clogged as before the administration of the bath and the injections.

We will stop a moment and consider these three steps and ask if there are exceptions to any fevers in which these steps would be injurious or not be as beneficial as in others.

When the fever is high then all these steps are at once so beneficial that the most casual observer will see the improvement. In cases where there chills and fever, this series of acts should be modified as follows:—

1. When the patient has a chill, or is cold, then there should be no washing until the patient is warm.

2. When there is a tendency to sore throat, then one should be sure the remainder of the body is warm and that the washing will have a reaction afterwards before the washing is undertaken or the bath given with cold water.

3. When the patient has been sick some weeks and is very low and there is death sweat (which is usually cold and clammy. A sweat of weakness) then these steps are of no use.

You occasionally come across a case where there is something in the surroundings which cannot be well followed up, so as to abort all the fever in a short time as you would wish and in these cases one has to wait until the surroundings are right before giving these three rapid cleaners to the system.

FIGURE 40.



Fig. 40 gives a general out line of what is called the TRUE SKIN or the CUTIS VERA. It is these capillaries that the blood corpuscles having gone to the extremities of their journey, give up their oxygen or the red portion of their little bodies and take the blue form—or venous blood. When we wash the outside skin, we also give all these corpuscles underneath an opportunity to cleanse themselves.



But, in an experience of many years, we have found these three the very first three steps to be taken to break up all sorts and conditions of fever and especially typhoid fever.

With this body washing, there should be a thorough washing of the head and all the hair.

If the hair is thick I would advise the cutting off this thick hair and if there are fears of a serious case, (which can be readily foretold by the condition of the patient,) then the sooner the hair is cut short the better for all concerned.

The head should be well washed with cold water while there is a show of fever. But when the fever is gone, then the head may be washed in warm soap suds and in many cases we suggest the use of the carbolic acid soap as we did in the washing of the teeth, but in case the person is very proud or very fearful of the falling of the hair, then wash with the whites of two eggs to make a good lather and rinse off well with warm water and afterwards with cold soft water.

If it is a lady, wash so that the hair can have a chance to dry thinly afterwards. This can be done by spreading it out on a pillow while it is moist and damp. Not to do it up or have it lying underneath the body while there is any dampness. A fever patient's head should be washed all over every day as long as there is any fever.

The head can be washed, without wetting all the hair.

Wet the hand and fingers good, and wet the scalp next the head and all around under the hair, roots and follicles. Then this can



FIGURE 41.

**SEBACEOUS GLAND** belonging to the under skin. They have an office, which is to secrete some oily material which keeps the outer skin smooth and in a greasy soft pliable state.

The secretion is made up of fat, oil, and an albuminous body allied to casein and about sixty per cent of water (Yeo.)

When the glands are not properly opened by washing, the contents cannot get out and it becomes putrefied. Then we have the odor so peculiar to an unwashed body.

be dried and yet not touch all the hair. This is an advantage if the patient is a woman and has hair she does not wish to lose.

But, in all serious cases, I advise having the hair taken off, so the head can be washed all over good every day. Best time for this is in the morning early.

And, in every case and under all circumstances, wash it before anything is allowed to be eaten.

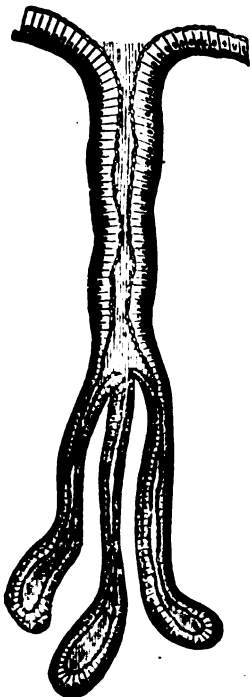
When the fever has left the body then this head should be daily washed all over and thoroughly washed daily as long as the patient lives on this earth.

Nothing can be more filthy or at variance with the health of the body than a head in which there are all odors from every clime, including the musty odors from the far country of China—the filthiest of all nations of the earth at this day.

In the case of a child under fifteen years of age I would not hesitate a moment to have this hair cut off so it can be short and easy to wash all over every day.

There never is any trouble about the hair growing again and I am of the opinion that it grows in more solid the second time than at the first.

The chances are in every case of fever that there will be less



Isolated pyloric gland.

FIG. 42.

This gland is found in or near the pylorus and it is said that it has the office of secreting pepsin. The same arrangement which we have before spoken of, is here present, with all of the glands which we have introduced into this book about the intestines.

The glands are small apertures which pass nearly through the intestines. They carry something into the inner part of the intestine. Where do they procure this something (pepsin?) which they deposit on the inner part of the intestines and which assists in digesting the food? To this we reply, they get all their contents from the blood, which is on the outside of the intestines.

If you acknowledge this, and we think this must be acknowledged, then you see all the materials for the gastric juice come from the blood.

Consider this—that if the blood becomes impure or chilled, then we can have an impure or a degraded digestive fluid (pepsin or gastric juice) which must originally come from the blood. In short, if the blood is bad, the digestion will be bad.

tendency to deafness and confusion of the head, if the hair is cut off short. And if it is to be done, or if the patient is a little out of the head, there should never be a moment of delay.

The sooner it is cut short and the head washed, the better and the cleaner the body becomes.

In every case where the onset has been sudden and where the patient is strong and robust, then we may say that these are the three first steps which will be of the greatest benefit and which cannot be omitted with any degree of safety to the patient.

Also, in these rapid cases of typhoid, (Or, of bilious fever; or of yellow fever where the fever is high and the skin hot,) we can, after these three steps have been carried out faithfully, next proceed to.

#### THE FOURTH STEP.

This is very short and will occupy but little time and really might have been placed at the first, only that when we take hold of any case of fever, we do not like to attack them with something which they might take as a personal affront.

Have a good tooth brush and soap. At this place we do not know what to advise you about soap and we will give you our preference. This is to use the carbolic acid soap made by BUCHAN and we think it is rather better than any other for teeth and as a disinfectant of the mouth and gums.

We mention Buchan's Carbolic acid soap, because we have used it quite a long time and it has been successful. But any soap will answer. Pears' soap seems to be too acrid in the mouth. Ivory soap is all right. So is almost any kind of Castile soap, if it is pure. And there are many other kinds that will do, because all the soap is easily washed from the mouth and the particles come out with the sordes when the brushing is over. Use warm water at the first and finally rinse the mouth with cold water and let a mouth full of cold water be swallowed after the teeth have been brushed and mouth rinsed out good. Warm water and soap kill every germ in the mouth.

If the gums bleed some, it will be no matter. Still, if they Commence to bleed freely, and it does not seem to stop—or, if they are tender and sore, put one-fourth spoonful of No. 6 into half cup cold water and rinse the mouth out good. Let some of the No. 6 and water be held in the mouth until the bleeding is stopped.

For an extremely tender mouth, where there are bad teeth, a wash may be made of goldenseal by boiling one teaspoonful of goldenseal in half pint soft water ten minutes and when cool using

it as a wash. Or as a gargle. This is good in any case of sore mouth.

WHITE POND LILY root is just as good in many cases.

*Bayberry bark*, Wild CHERRY BARK (but Cherrybark should never be boiled. It should be steeped in cold water half an hour,) are all good for sore mouths and bleeding gums in any other condition.

Although this may not seem to be worthy a step in the rapid elimination of effete material from the body, yet we can assure you, that this is one of the nice little operations by which we think we have saved one or two from going into the condition known as death.

Allow us to explain.

After the mouth becomes full of effete material which has been thrown from the system—old and waste material. then this old stuff takes in the air and goes under a chemical law and becomes putrefied.

Very well. This mouth and the interstices between the teeth are full of living germs and in this condition, every breath is a breath full of living germs.

Some critics may pause and say they thought we did not believe in any germ theory. Oh! but we do believe in germs. We do not think about them but we fight right against them. But we know very well that there is not any such thing as the germs doing the work which is peculiar to the vital force of the body. These germs can go into the stomach and thence to the intestines and then these same germs which are in between the teeth might be, for all we know and for all science can tell us, the very same germs which are called the typhoid baccilli. So we say cleanse the teeth at once as soon as you can. It does not matter whether it is the first step or the fifth step so it can be done rapidly and thoroughly.

After these four steps are taken, then comes the fifth step which can be much modified and hastened if there are other symptoms which will permit of it.

What we desire to impress on the mind of the care taker in case of all kinds of fever is this:—Keep the body clean:—Get it cleansed just as soon as possible, without disturbing the patient and without taking away any of the patient's strength.

All this can be accomplished and not tire the patient and not have him or her get out of patience. If it all cannot be done at once, then do a little at a time until the whole body is cleansed and, when this body is cleansed, you can have the "FEVER" going down.

This is what we assert to you. The moment you take away the filth from any part of the body, that moment you lighten up the fever. When you take away some of this effete material from the body, there is no cause why there should be any more effort of the Vital Force and therefore the fever (or effort of the Vital Force) is not needed and is therefore less every time.

The following is the Fifth Step where there is a high fever and not too much coat on the tongue.

It is the fifth step proper in any case of fever where there is a rapid accumulation of matter in the body and the skin is hot and feverish while the body feels as if it were burning up.

It is not the step to take if there is pain in the stomach but if there are pains in the stomach, then turn to REMEDIES FOR THE STOMACH TROUBLES and see what to do in one of these cases.

This is not the step with all weakly persons and very nervous persons and also to those over whom you do not have the most perfect control.

If the patient has a red tongue; a heated body; a flushed skin; a nervousness which cannot be described; a headache which throbs through the temples and is weary and sleepy and cannot sleep, then this IS the step to take.

While all the others are safe to give and this too, is perfectly safe to give, yet this one can be so modified that we tell you to LOOK AND SEE IF IT IS THE RIGHT STEP OR NOT, BEFORE YOU GIVE IT.

If there is wild delirium then this is not the thing to do at this time unless the person is robust in body. If so, all right. DO it.

If there is a coated tongue and there is a great smell to the breath then this is to come AFTER another step which we will detail a little later on. (Seventh Step—Emetic.)

This *is* the step to take if there is a high fever and the body is hot; but it is NOT the step, if the body is cool and there is danger of a chill.

It is the step to take, in case of a grown person and who is strong and active and the fever is raging: then this step is a delight and the finest thing in the world to do. In case the person is weak and nervous, while there are a dozen bosses round the house and you cannot look after it yourself to see it properly accomplished, we tell you not to touch this step. It will be a delusion and a snare to you and you will make the case worse.

It is recommended to every one, but not to fools. It cannot always be finished on a child who will not keep still. And it should never follow the administration of quinine or calomel. Wait until these drugs are out of the system.

Bear in mind that the first and second steps come before this one.

When you think of doing this, think, if there is a sufficient reaction to the body and never do this while there is an allopathic doctor any where near you. Have this fool out of the way and gone home not to come again.

#### THE FIFTH STEP.

Take three to five towels, one or two of them as soft and as new as you have in the house, and wet two of them.

Do not wring them out too much.

Have them so they would drip water if hung up a moment or two.

Then quickly baring the entire breast and the abdomen of the fever patient, apply the first soft wet towel close to the body as it can go and have no spaces between the towel and the skin.

Pat it down as smoothly as possible.

Then apply another on the top of this as wet as the other and if it can hold more water than the other, have it still more wet than the first one was.

Have this as snug as it can be placed on this first one and you will have two towels put on separately on the whole of the abdomen and all of the breast.

The towels should be wide enough to go somewhat underneath the arms and touch the sides of the person so that the ribs can be partially covered with the wet towels.

I suggest that these towels be as new and as clean as towels can ever be made. After these are well on, and as quick as you can do it, then apply the dry ones over them so that you have say five towels over the chest, two wet ones and three dry ones; although if you place a piece of flannel over the wet ones it will answer in their place.

Or, this 5th step—this chest and abdominal pack can be commenced in a different manner.

Prepare the bed first: lay down a small piece of oil cloth that will prevent any of the water from touching the bedclothing.

On the top of the oil cloth, place a small half of a blanket; or enough of this blanket to cover up two thirds of the body.

On the top of this, lay down a large bath towel,

Then place a wet towel on top of this, wet. Do not wring it out much if any, but just enough to prevent it from running on the floor. Have the patient lie down on this wet towel. It should come up under the arms.

Place two wet towels not to be wrung out much, on the chest and

abdomen as high as the neck and as low down as the bottom of the abdomen. Cover them with the two ends of the wet towel which will be brought up from sides of the lying down patient.

Then place a dry one on top and bring up the ends of the dry towel and pin snug. After that, bring up the blanket and oil cloth and pin all snugly together.

Cover the patient up snugly. Have warm brick or hot water bottle to the feet and one to the side. Give the patient composition or Balm and let them lie there until they sweat good.

Some persons have soaped a blanket all over and then placed the patients in these soaped blankets. We do not think this a good idea. It takes off too much of the outside layer of skin and does not leave the patient in good condition. Neither do we think flannel is as good as cotton towels or linen towels.

The reason why towels are better than flannel is as follows:—

1. The foulness of the skin will come into the towels and must be boiled out before this can become clean.

2. One cannot boil a flannel and this old and fetid matter that will come out into this towel should be boiled in soft water with plenty of soap twenty minutes and dried in the open air.

3. The inhalation of the particles which come off from one of the pieces of flannel after it has been used as a pack over the fever patient is sufficient to cause a poisoning of the lungs.

4. A towel is looked at to see whether it is clean and when one picks up a piece of flannel, it is used without being looked at; because being flannel no one thinks whether it is cleansed or not so long as it is warm and *flannel*.

I think I have seen infants placed in jeopardy of their lives by the using of old filthy flannel when they were born.

So I say have all these covering things in the packs to be towels and linen if possible.

If you have not enough towels to go round, buy them, or use pieces of old sheets, if you are really poor.

It is cheaper to buy towels than to pay a doctor to come and tell you how to cleanse and deodorize your chamber vessel.

As soon as this is on smoothly, then cover the person up warm and give all the drink that is wanted and if there is anything of chills, then place a hot bottle to the feet and to the sides.

Cover up well and tuck in the bed clothes all around the bed and if there is the slightest suspicion of chilliness then add another blanket or two on the bed so as to have it sufficiently warm to have a most thorough sweat.

*Reasons for this step.*

I do not say this step can always be carried out, nor that it should be to the whole and utter exclusion of any other rational step which is looking for the rapid elimination of effete materials which are in the body.

It does not seem to me that I ever heard of this, but it is possible that all these steps came to me while I was yet hunting after the causes of fever in 1861. At any rate, the water cure and Victor Priessnitz of Germany should have all the credit of water cure packing and I do not take anything as an original discovery.

This is sometimes called a "CHEST PACK."

It is also called an "ABDOMINAL PACK."

There is yet another method of putting on this pack, and, to the very prudent housewife, this last method may be more welcome, as it prevents any moisture on the bed clothes.

1. Place a small blanket under the person sick, so it can touch the lower part of the hips. Two or four thicknesses.

On this place one or two large towels dry. Bath towels to be preferred.

Then place wet towel on this dry one, so it will come under the arms and reach down to the hips, the two ends may come over the body. Then, if the person is very feverish, put on a small one where the liver would come, when he lies down. Then let him lie back on the towels.

Place one wet towel on the breast as before and another wet one over this first wet one, on the abdomen. Then a dry one. Then bring up the ends of the towels from the side (after the patient has laid down on this wet towel.) And pin the ends of the small blanket together after the towels are on as snug as they will go.

Then bring the arms down and cover up air tight. Do the packing over this chest pack or this abdominal pack as if you would exclude every bit of air from the body.

If convenient and one has it, a piece of oil cloth or a small rubber sheet can be placed under this pack, as before mentioned.

A small blanket will catch all of the moisture.

In case the fever is ready to be broken up, it may be well to have the patient lie on clean blankets while this pack is going on.

Then, if the body should sweat all over, there would not be as much danger of having the moisture on the sheets, or, on any of the other bed clothes.

After being covered up snug, it is well to add one or more extra covers, blankets or quilts, which should cover up the person in best condition. There should be at least four thicknesses of cover over the person who has this pack on. If there is chilliness after



the cold pack has been applied, or, if there is not a very good reaction at once the hot water jug can be applied to the sides or to the feet.

In all cases of fever however, the vital force can be relied on to bring about a speedy and thorough reaction, the patient will be warm in five minutes after the pack has been applied.

Let the patient keep easy for an hour or two. Some one can read to the sick one if they like.

After the sick one has been in the pack an hour, or when it can be borne, small drinks of cold water should be given at intervals of every few minutes, a swallow or so.

If cold and chilly, then warm balm or Peppermint infusion can be given warm. But the cold drink is the best, to be given freely as soon as the body has recovered from its shock of cold water from the towels. This can be kept up until the patient sweats in a very profuse manner.

And, if every thing is all right, they may expect to see a sweat breaking out on the forehead or around the neck. This may take one to three hours. Or it may take longer.

When this is very uncomfortable and hot, the pack may be taken off and cold water (soft, clean water) can be applied to take off all the dirt and stuff which has been soaked out through the pores of the skin.

How long should this pack remain on the body?

This depends wholly on the state of the patient. If the sweat comes in one or two hours, or when the patient has sweat good or when the face is well wet with sweat, the pack can be taken off and the patient can be thoroughly washed all over in cool, soft water. Clothes can all be changed and bed clothes changed, bed made up anew and the patient can lie down and go to sleep.

If the patient stays in this pack five or six hours and the pack becomes hot, but there is no sweat, we should advise the hot, dry towels taken off and fresh, wet, cold towels put on again. If the patient thinks he or she can stand it.

If, not, take off this pack and change clothes and try the step again the next day, or, at any time the patient's body becomes dry and hot. When taken off, be sure to have the towels out of the room as soon as possible. Do not dry and use these towels again. We repeat this to you.

After using the towels be sure to have them thoroughly washed and boiled. *Do not* rinse them and let them go.

It should never do to say these towels have been dried and are only those which have been on the patient as packs. They should

be washed and boiled and fully aired before they are ever used again.

The reasons for this will appear a little later as we come to some final considerations.

When the patient is taken from the bath, then there should be an immediate washing.

If there never has been a bath before there will have to be more care in the bathing and the washing should be different.

If the patient has been a cleanly person, and has had baths before, then a bath with cold water and the hand will be all right as quickly as possible over the body, one limb or, part at a time cover this part up as it is washed and dried.

But if there has never been any washing before then there must be a washing of warm water in which there has been about a desert spoonful of soda to the quart of warm water and this should be dissolved so well that the water will feel some slippery to the touch or to the feeling of the fingers.

The body should be washed all over and wiped dry as fast as washed. Always rinse off in *cold water*.

There should be much more care exercised with this bath than with the cold bath with the hand, as there is every reason for the sudden closing of the pores of the skin after a warm bath if the skin is not kept open; and after the cold bath there will be found to be never a bit of trouble with the skin. There will seldom or never be any cold after the bath with cold water, unless too prolonged.

In both cases the skin should be wiped well dry and all the clothes should be wholly changed for those which have been thoroughly aired by the fire.

No old or second hand garments and nothing musty should be placed on the body of the fever patient after the bath. Consider this.

In the winter a flannel nightgown would be the best. But this is hard to wash and is hard to get the sweat out of it.

So I prefer an undershirt to change in and if it is a cotton undershirt so it can be thoroughly boiled, so much the better. Drawers should not be used while lying in the bed. They prevent a full circulation of the limbs and are of no benefit unless there has to be constant rising for the purpose of defecating or urinating.

The latter can be accomplished in bed and the former should not occupy so long as to chill the body and a blanket could be quickly wrapped around the body while using the vessel. The drawers prevent the capillary circulation of the limbs and also

render the patient cold and clammy on the feet. Especially the common knitted drawers which are bought in the stores.

When this abdominal and breast pack is used on the body, here are about three square feet of surface which are packed in cold water.

The pores in that surface are suddenly chilled when the towels go on the body, but in two to four minutes, and I have seen it in one minute, that all the towels were almost as warm and steaming as if they had been placed on the body warm. They are not uncomfortable a moment and I have had those say who were burning up with fever that the feeling of these packs a moment after they went on the body was "just lovely."

The cold water is one of the most grateful things which can be applied to the body. The warmth will soon cause a good sweat to come in the places which have received the moist towels and from there, all the body comes to be warm and sweaty. With this sweat, there will come a relief to the patient and the thirst will be assuaged with as much water as is desired. The patient should be encouraged to drink as long as there is heat in the body, but if the heat does not come quickly, then place hot bottles and *do not give the cool water to drink until the body of the patient is warm and comfortable*. Get the body warm first. Warm composition or balm may be given until warm.

When there are chills which come up after this pack, you may be sure the pack has not been properly applied. It should be placed close to the skin and no crevices should be allowed to come between the towels and the skin. Each part of the chest and abdomen should be covered up snugly.

Every part will soon be as warm as if it was in the oven. After this heat has lasted a very short time the moisture will apparently break out from under the towel and the sweat will pour out from the pores of the skin. It may come to the forehead first. This will be the greatest relief imaginable to the sick one and the smell which comes through the steaming towels will convince the most obstinate that what comes out through the pores of the skin is that which should never have been retained in the skin.

The effete material, which comes off through the pores would convince any rational creature, that the *provoking cause of fever*, is effete and filthy material, in the body.

When this pack has lasted, say two to three hours, according to the state of the patient and the way the patient feels, and during this time of sweating, there should be as much water drank as can be drank comfortably; or lemonade may be drank if the patient

likes this acid drink better—when this sweat or this pack has lasted until the body is all in one sweat, then the patient may be taken out quickly and washed all over with the hand and clean dry clothes placed on the bed. There is something here which I would like to impress on the minds of those who are attending the sick one.

This is:—that everything which comes from the fever patient, is something which is filled with filth and should not be breathed nor handled any more than is absolutely necessary.

All towels, sheets and articles used, should be boiled before they are used again for any purpose.

Everything connected with the bedding should be changed and aired in the sun every day.

In case where the patient has been treated by an allopath or a homoeopath and where the sick and fevered body is weak from the reception of those cursed poisons, Belladonna and Aconite then the sick one should be very careful of rising from the bed.

Wash while the body is lying down.

And, in case there should be hemorrhages, there should not be any pack until the hemorrhages are all stopped.

Use this fifth step as something to make the whole body better and especially that part of the body most important, the abdomen and the lungs. The breathing apparatus.

Use this pack over the breast and abdomen to favor the entire body but not to think of its being used only as to help the body by its reaction and its assistance to the three square feet which is covered, but by relieving this surface there will be less trouble in having the entire body to have the needed moisture which all the corpuscles absolutely are in need of in all cases and all forms of fever.

Not that I think there are no other conditions of the body where this pack should not be used with great and increasing advantage; but that, in cases of fever, this is the fifth step and this is one which is preeminently fitted to relieve these congested and fevered parts of the body in all forms of fever.

It can be also used with advantage in all forms of pneumonia where is any congestion of either lung.

It should be used in cases of pleurisy or, where there is any seated inflammation of either lung.

In any cases of "rheumatic fever," where the patient is a child of tender years, this pack over the breast and abdomen is one of the most useful things which we have ever tried.

The pack and the copious injection to the bowels were the sheet

anchors in all these cases treated by the water cure and they came so near starving the old school doctors that the allopath went to work to have laws passed making it criminal for one to practice any thing which was not sanctioned by the old and pagan beast—allopathy.

If ever a set of people will come up before the great white throne, and come up speechless before God, when He inquires about their acts, this class will be the allopaths who have discarded the use of water and gone to placing the deadly poisons as Aconite and Belladonna with their anti-pyrine and anti-febrine rot *in* the bowels to knock down and kill the servants of the body, the red blood corpuscles instead of placing water outside of the body to cleanse the pores of the skin.

There are two methods of bathing the body when this pack comes off, which we have mentioned before.

1. To wash the body quickly in cold water and allow the body to remain quietly in the bed and change all clothes.

This is by far the best way, if the patient is weak and has heart trouble, cough or has any tendency to consumption, we say this washing all over in cold water is by far the best way if there is the slightest danger in catching cold.

2. But, if the patient has lived in some filthy place and has not been in the habit of bathing then there may be the second way which has the same result but should be used with much caution if there is any doubt about the condition of the patient.

This way is have four quarts of warm water in which there has been a small handful of soda dissolved, or, enough to have the water quite slippery, and then wash the body all over as well as one can, who is endeavoring to have the body cleaned.

This is especially the washing to give a robust man who has not had the fever very long. But it will not be the washing which should follow in cases of delicate children or in patients in which the vitality is very low. COLD WATER washing with the hand and a thorough rubbing to follow, is the method in these doubtful cases.

### SIXTH STEP

Be sure you are ready with the patient and be sure you have the patient ready for you.

Do not commence this step until you have all the medicine of any other doctor out from the system, so far as possible.

Do not commence when you think the patient is weak or very liable to faint. But, when the fever is high, and, when you are sure there will be reaction, possibly after you have tried the half

pack and it has worked well, then, when you are sure, get ready for this sixth step.

#### THE FULL SHEET PACK.

Lay on a mattress which will not be spoiled if wet, not the best (husk, straw or hay will answer) and most certainly a clean mattress, two comfortors or quilts that are not of much value if wet and two that are clean. See how to make "DUMMIES" in another part of this book. On the top of these two comforts, place two blankets. Clean and of full  $\frac{3}{4}$  size.

Then, if possible, have another pair placed on the top of this first or heavy pair.

Then place a rubber sheet which should be large enough to cover up the body when the other things are wrapped around the patient.

The rubber sheet will cost, say fifty cents per yard and this sheet, should be two yards long or more and if possible one and a half yards wide.

On the top of this rubber sheet, lay a couple of thickness of good blankets. Next a light pair, making four thicknesses of blankets on the rubber.

If there are no extra pair of blankets, quilts can be used on the first layer before the rubber is put on, because the blankets should be on the rubber or next the top layers on account of having snugness next the patient.

But if there is a thin quilt or an old pair of blankets all should be thoroughly clean. And then on top of these four thicknesses which are placed on the top of the rubber sheet, place two wet sheets. Dripping wet, in cold water.

Both of these sheets should be clean, not starched, and rinsed without bluing and, if one can afford it, it is best to have the one that lies next the skin to be of linen or old soft cotton. Have cold water in a foot tub or bucket and take them directly from the water which should be cold, but not ice cold.

The bed itself is now ready.

The sheets are not to be wrung out, but are to be dripping wet. Next, place three wet towels on one side and two on the other on the wet sheets.

Have the patient lie down on the back.

Place one towel over the breast. Make it smooth all round the chest and under the arms, so far as it will go.

Wrap another towel over the hands in a manner as will not be too snug, but still snug enough to touch every part of the hand and up on the wrists and arms. Make these towels snug, but not too

tight. Then a wet towel on each foot and ankle with the same precautions.

Snug, but not tight enough to hurt the flesh. The snugger they are the sooner they get warm.

All of these towels should be old and soft, and if possible, have them of linen, or of very soft cotton.

It will be better understood why all these sheets and towels should be very slightly, if any, wrung out of cold water.

If there is plenty of cold water at once surrounding the patient's body, the reaction will be much quicker than if it has been almost wrung out dry. There will be more comfort in some warmth from the water and, the reaction comes quicker than by itself in dry sheets.

As soon as the patient has the chest and the hands wrapped up, wrap up the feet and ankles in the same manner.

Then take one side of the top sheet and draw it under the arms, not too tight and do not make a bunch or roll or wad of it, so it will be rough, but have it smooth and wrap it round the body and part of it round the leg, covering up one foot good. That is, one side of the sheet on the top—covers the one limb and all the upper part of the body but does not cover either arm. The arm is to be left free until this top sheet is placed snug around the body.

The other half of the sheet on the other side is to be wrapped round the other half of the body and round the other leg.

Then the right arm is brought across the breast or lower part of the chest easily. To lie in an easy manner. The left arm and hand to lie easily by the side. In an easy position.

Next, bring up the under sheet and wrap it snug around both arms and around all the body.

NOTE.—Dummies. The best kind of a quilt, that will last during sickness or to use for warmth, may be made by having three widths of cheese cloth, seven feet long and sewed together. Lay down clean bats of cotton, may be five bats cover with another three widths of cheese cloth and quilt or stitch every three or four inches apart. As the case may be and what it is to be used for.

These are easily taken apart when soiled and the top and bottom washed, boiled, dried, ironed and replaced.

Two of these dummies could be placed on a cot and the mattress would not be needed in the cases of these packs.

If these dummies are used instead of blankets, three will be enough on the bottom and the other two can be spread out so as to have the rubber sheet come on top of these two. Then one of these dummy quilts can be used and the pair of blankets placed on top of this dummy.

Five dummies and two pairs of blankets will be enough. The more placed on the top depends on the thickness and the warmth of the quilts or blankets needed to retain the bodily heat.

The other half of the sheet is to be brought around the body in the same manner, snug but not too tight. But surely snug. Do not have any wrinkles anywhere.

Be careful to let the hips have some looseness as they will become larger after being packed a while. Do not pinch or bring the flesh too tight, but be sure to have it snug.

If there has been any sore place on the intestines, this place should be left looser than the other places.

If there is any tender place on the limbs anywhere, or there have been pains in one or both knees or ankles, place an extra wet towel around these places before the sheet has been brought around and then wet the towel good after it has been placed around the part. That is, have this sore part extra wet with cold water.

After the sheets are on then bring up the blanket snug and fairly tighter around the body. First one side and then the other. They may be pinned snugly with safety pins. (Better to let this remain snug without pins and pin the blankets afterwards.)

Next, bring up the dummy or the other pair of blankets in the same manner.

Then the rubber sheet. Then the other coverings, and pin them with safety pins when you have them in position. It will take twelve or fifteen safety pins if you are not used to it, although, after it has been done once or twice, six will be enough to pin up the person in good order.

The head can be placed in any easy position. An air pillow is the best, if one has many of these cases.

But any old pillow or bunch of anything which may be covered with towel, so as not to have the water or sweat spoil it.

If there has been sore throat, then a wet towel can be placed around the throat, and a dry one around this, before the last sheet is in position. But, it can be placed on at any time.

But, in any case it should be covered up snug, so as not to allow any air to get to it after being placed in position.

If there is not sufficient warmth at once comes to the body, have a hot water bottle at each side and at the feet until the person is warm.

This can be placed on each side close to the blankets and the warmth will soon get the person warm and when the warmth comes then, if this fever can be aborted you will soon have the person in a fine sweat.

Now we will tell you something which you have not found set down in the books. It is this:—When you can get the person to sweat good, you have all of this “FEVER” under control.



The pack can be kept on two to three hours at the very least, but, the rule should be ~~be~~ until the patient sweats good for half an hour in the face. ~~be~~ In case it seems good and the person does not sweat, then this pack can remain on for six hours as long as the patient is comfortable.

Should there be a great desire to pass urine and the person is not yet warm it can be passed in the pack if the mattress is protected. Or, a little vessel which is sometimes called little (male and female) urinary chambers. Or it can be passed in a dipper. It is better to be passed in the pack.

The pack in all cases of fever, is to remain on at the least, if it can be stood, two to eight hours. I have had a person packed twenty-four hours. When they got hot, I opened up the pack and turned on cold water and pinned them up again and was all right. She would not get warm at first, but felt comfortable. So I kept her in until she sweat good.

If it is a child and begs to get out, then coax it to stay a little or until it gets warm. As was said a moment ago this is not for fools.

It will never do to give this pack to those who are nervous and to those over whom you do not have any control. Unless you are packing them for insanity.

It will never do to give this pack where there is any sore throat or any diphtheria until after a most thorough emetic and injection to the bowels. It will never do to give this pack where the patient has been taking Iodide of Potash or Quinine. Unless you have begun to eliminate these drugs from the body.

We do not commend this pack when the person is insane unless there is great fever. But in all cases where the short pack over the chest and the abdomen (step 5) has been used and the person has been warmed up well, then this full wet sheet pack is one of the steps which one never regrets knowing. The application of the cold wet sheet at once shocks the entire body but the reaction over the body comes in a few minutes and when this reaction comes it is one of heat and the moisture will become warm and the state of that body will be delightful. I have known many a case of fever to go to sleep in that wet sheet pack and only wake up to find their fever gone and desire to get up and dress themselves or have something to eat.

The action of this pack is manifold.

A. This pack relieves the burning skin, and assists the capillaries to have an increased action so as to renew the active processes of the entire state and volume of the blood.

B. It relieves the kidneys of their great strain and renders the urinary tubules cleaner so they can pass off the amount of old urine which is remaining to poison the blood.

C. The water passes directly into the blood stream and makes it thinner so it can carry off the old material in the body.

D. This pack will soon moisten all of the volume of blood so that each individual corpuscle will have a better body to work with.

E. The heat which comes up after the pack has been on for two hours, will loosen and liquify the old materials and effete particles which are in the body and in all the organs in the body and so bring them into a shape where they can be easily handled and expelled from the body by the red blood corpuscles and be carried off from the body where they were obstructing the circulation.

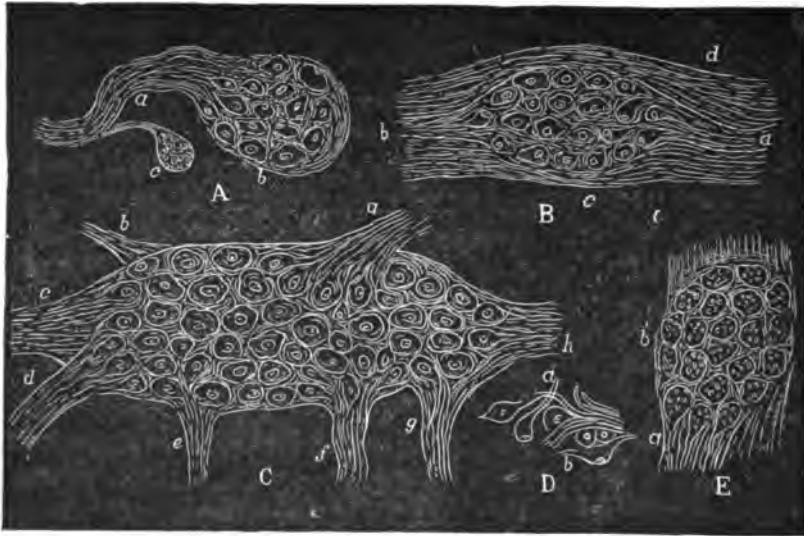
F. Every organ in the body, including the PANCREAS, SPLEEN, KIDNEYS, LIVER and LUNGS are cleaned and rapidly placed in a good condition by this pack of water which beneficially affects every corpuscle of blood and goes into every part of the body.

G. There is not a corpuscle in the body but what in the course of this pack does not have a chance to wash its face.

H. By cleansing the pores of the skin and allowing these corpuscles to relieve themselves of their effete material we have CLEAN BLOOD go to the heart and thus, we absolutely cleanse the heart of the patient and leave the heart in a much stronger condition than before. This statement is absolutely correct and this is the first time since the world began that this truth has been placed before the people.

Should the reader desire to know the full particulars of the result of this wet sheet pack, we will say that in all cases of fever one can realize that every corpuscle, in every case of fever is somewhat dried up and filled with effete material and that water inside of the body will enlarge or be taken up by the red blood corpuscles and that in all probability, the corpuscles will be enabled to carry off this material or to dump this load of material from their bodies and get rid of it. Get rid of it, by the Kidneys, Lungs, Pores of the Skin and intestines. That these corpuscles act as scavengers to the body and, in any event, take up water and become larger in their bodies and that with water they can send more vile stuff off through the kidneys, through the pores of the skin and through all the body and that all the body becomes moistened and softened under the influence of this pack, then they will have further particulars of the benefit of this pack over the whole body, or the FULL WET SHEET PACK.

Fig. 43.



Drawn by J. Bell Pettigrew, M. D. Edinburgh, Scotland.

A.—Large and small terminal ganglia with nerve-cells and nerve-fibres proceeding to and from them. a. bundle of nerve-filaments. n. connection with large ganglion (b.) A similar bundle is connected with small ganglion (c.) B. Ganglionic enlargement or swelling of nerve as it crosses a vessel. a, b, nerve filaments proceeding to and from the ganglion and nerve-cells (b). d, nerve substance surrounding and investing ganglion (c).

C. Large ganglion crowded with nerve-cells from coronary sinus of calf. a, b, c, d, e, f, g, h, nerve filaments proceeding to and from the ganglion and nerve-cells. The nerve cells contain a nucleus and one or more nucleoli. They are for the most part unipolar in character. A few bipolar nerve-cells are also found.

D. Unipolar (a) and bipolar (b) nerve-cells from cardiac ganglion, displaying nucleus and nucleolus.

E. Terminal ganglion or aggregation of cells in a nerve as it crosses a vessel. a, nerve filaments proceeding to and from the nerve-cells of the terminal ganglion (b).

When we consider that these “diminutive” brains of the heart are instrumental in part or wholly, in having the heart move and that when these glands are filled up with dead blood corpuscles or with filth of any sort, we can understand how important it becomes to keep them in the cleanest condition. It may not seem to us that we can wash out this heart with its little brains; but we can. Every time we wash the feet or hands, we give the corpuscles in circulation in those feet or hands, an opportunity to cleanse themselves. And, when these corpuscles are cleansed on the feet, they go back into the heart and allow some of the corpuscles that are in the heart to come out. And thus we have cleansed the heart every time we wash the feet.

Again, when a man chews tobacco, some of the poison from the

This water pack—this shock to the system, by means of the placing the body in the cold and the wet pack; this warmth that comes up after the body commences to react, all assist in getting rid of the effete material that is in the body. This pack cleanses the body of its filth and then leaves the body in the best possible condition.

Or, there is another light in which the benefit of this pack can be placed before the readers.

Let it be understood that in all cases of illness there are obstructions in the body that should be removed so as to give the Vital Force a chance to live and act for the best in the body, and, that if these corpuscles have water in abundance they can act with this water, where as, in case they did not have any water they would be dried up—then one can realize that this pack in cold water, with the body covered up, is one of the greatest cleansers ever placed before the power of man to assist the sick body to carry off its filth. Or, to cleanse the body of its impurities.

Not alone is this full wet sheet pack good in fevers, but in all cases where there are any obstructions in the body.

In cases of Rheumatism, Neuralgia, Scrofula, in insomnia and all cases of Nervous Prostration and in any case where there are obstructions in the body, this is one of the best means of eliminating the old and effete material from the surface, from the kidneys and deeper tissues.

Consider if you please, the condition of fever and then consider, if we can, the vast and immediate advantages which arise from this placing of water over the entire surface of the body except the mouth and nose.

The pores of the skin are opened under the influence of heat and

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tobacco, enters into the circulation and after some little time, it comes to the heart and reaches these small brains of the heart. And they are, if the tobacco is kept right on, after awhile, killed. Then, when some or many of these glands are killed, the heart does not beat regularly and it skips a beat. Some of these ganglions of the heart are dead. Not enough of them alive to have it beat all right. Will not beat right along steady, but wobbles along every beat or two. And when the doctors or persons who have become used to these cases, listen to a heart beat that has these funny wobbles the listener will say:—"this is a tobacco heart." How does he know? Because he (may be) has cut some of them open and found it so. And, because he knows that if the tobacco user will stop the tobacco, the heart will grow some better after a while.

moisture combined and when we consider all of the advantages which will arise from this rapid placing of water on the entire body of the sick person, we are satisfied.

When we consider that in all of these cases of fever there is drying up of blood corpuscles and this water from the pack will as much feed and liquify these corpuscles as any thing which could be done on earth and that this pack, with its moisture and concomitant heat, is the best thing to do in all of those cases of fever where the body is DRIED UP and HUSKY, then you will ask why it was, that such an elegant and such a scientific act as a wet sheet pack should have been discarded from the practice of medicine by the people.

We will tell you. Our patient will lie in that pack comfortably while we tell you of the doing of doctors. "Regulars."

When the people had so much of this water cure practice as would enable them to take care of their sick ones the doctors did not have anything to do. And to give themselves business they tried and did destroy all colleges which taught the people any thing about these useful remedies. These doctors made fun of the water remedies.

This pack should never be given until the bowels are unloaded by means of copious injections. Better give injection night before.

This pack should never be put on after the patient has been dosed with Morphia and Quinine.

It should never be given to those whom the vital force has left.

And if we could say a word to advise you, we should say, never place it on any relative or any acquaintance of an allopathic doctor. He will lie about it.

It will never do good to the body which is already poisoned by allopathic medicines. Get the medicines out first.

When these bodies have Iron, Quinine, Malt extracts, Cod liver oil in their bodies then we have to wait until that oil and mass of drugs are out and we have a clean intestine before this pack is put on the outside or we shall have some influences which we shall not know anything about when the pack is on. The pack loosens up these old medicines and we have trouble.

We do not think of any case in which this pack could not be used if the body were in fair order, no matter how high the fever was.

Should the patient be in the feeble state which becomes so common in the third and fourth weeks of typhoid fever, we should greatly hesitate to place a full sheet pack on the body.

We should use the fourth step which is easier and safer for the weak person.

As soon as the patient begins to sweat, then some one should be there to wash off the face and to give the one who is in the pack, a drink of cool good water. May be a spoonful or a glassful as may be acceptable to the patient. Drinking cool, soft or distilled water should be encouraged all the time as soon as the patient becomes warm. This should be repeated as long as there is any thirst. There is not a bit of danger of drinking too much. This thirst is nature's call for drink and it is correct. We should always allow all the water which is wanted to drink. But there will not be any need of giving water or at least, no cold water is to be forced down while the one in the pack has no thirst. If there is coldness then one might give some warming tea or some ELM (Formula 23.) or any of the bland and warming teas which can be made in a few minutes. Peppermint or Sage are among the best. Or, warm balm (Formula 4.)

When the patient sweats good, let him remain quiet, have the face washed in cold water and wiped off. The fevered patient is best to stay half an hour to three hours after the sweat comes, usually half an hour is enough. Then we can take out and giving a quick bath of soda and water as heretofore mentioned or, the cold bath which has been before spoken of. But do it quickly—have clean clothes and clean dry bed. Let him rest quietly an hour or two. After two and a half hours something may be allowed to be eaten. But no good unless the appetite calls for it.

The warm bath should be given, as we have before stated in the other steps, very carefully, as we have to be sure there will be no cold to follow. The warm bath can never be as safe as the cold quick bath with the hand which we have already detailed.

How long shall one remain in the pack? We say remain there as long as it may be pleasant, if you do not sweat good.

Remain in the bath as long as you can, and if you do not have warmth enough in the body to produce a good reaction then this full sheet pack is not the thing for the patient to do.

Try the cold breast pack the next time. The abdominal pack would be best to commence on in any case where there is any doubt of the person sweating. But watch the case. Do not allow some one to go into a pack and then agonize while every minute is passing and there is no sweat.

Neither is it good, to leave a person in the pack and go down the street to stay the afternoon.



On coming from the pack, which will be when the patient has sweat good, there should be the cold bathing and the wiping dry. All the drink wanted may be given, but there should not be any

eating, unless there is a good appetite and then not any eating for two hours after the pack is over.

It will be well not to allow any eating whatever, unless there has been a free perspiration. And if this free perspiration has come all over the body, we may feel sure the fever is gone. That the fever is broken.

I mean by this to assert, that if we can induce the fevered patient to sweat all over in one of these packs, we can feel sure that we have the fever under control. And the next thing will be to make sure that we do not have any wrong eating to bring on a relapse.

Baked apples are the safest article. Formerly, we gave toast. For some years we are sure we have better success when we do not allow any toast or any cereals whatever until the person is out of doors. We allow fruits and nuts.

 CHICKEN IS POISON IN ALL CASES OF TYPHOID FEVER IN ANY STAGE.  Should the apples not be agreeable, I would suggest, if there is much of an appetite, to get a can of preserved pears.

These come in tins soldered up and should at once be taken out of the tins and placed in a glass dish where they will keep. The glass is best because the tin will corrode the fruit or the acid will corrode the pears and they will not taste good when exposed to the air after coming out from the tin.

We know we have been very lengthy concerning these steps and to have you know who are fitting subjects to be treated in the manner we have indicated, (that is, to carry through these steps in fever,) but there are some other states and conditions which we would like to make still plainer to you.

Before we leave the subject of the packs, it may be well to go over the result of this application of wet cloths around the body.

We are told, that they abstract heat. How do these cloths abstract the heat?

Because the water allows these atoms—the blood corpuscles to come to the surface and take in the water. Because the corpuscles are allowed to come up and deposit their wastes on the outside where they can be washed off.

If you are in any doubt about this treatment, make a little trial with the abdominal pack at the first. Or, the chest pack if there is any wheezing in the lungs. Go as slow as you please, because in any event all the time you are waiting, when you have come to this step, having done all the others, you have done well. And the Vital Force will keep on doing well for your case while you are thinking about it.

Where the patient has a robust body and where there has not been much medicine given, then this is one of the best preparations to cleanse the body which we have ever found.

It will do to give this in any stage of the fever where there is any heat. It is a body cleaner and a body renovator. In scarlatina, measles, typhoid fever, bilious fever, rheumatic fever, and in any complication which the fools have no name for, and when the urine is thicker than it should be; where the heat of the body is above normal, then this is the best thing to do on earth. Be sure to have control of the patient. Be sure to have the body warm. Be sure to have the pack properly applied. Be positive, certain and sure to have good air in and all around your patient. Do not let this question of AIR PURE and SWEET, escape you for one moment. Also never leave the patient after placing him or her in the pack and go down the street or to a protracted meeting and tell your experience, as we have known of some doing. This pack is the fulfilling of a law and one which will never tell a lie any more than the multiplication table.

Now, here is another point that we desire to aid you in.

When this doctor is called, then he does not know what is the matter and he says "Oh, we must wait until this symptom DEVELOPES and then we find out what to do." He wants to wait.

Fatal waiting. Do not allow this developing business to hold you in check one minute. If the Vital Force is making some effort to overcome something or to drive out something from the system, then be sure that it is time for you to get right to work and have some sense about assisting the Vital Force to get rid of this provoking cause that has been taken in, inhaled, may be drank in or has gotten inside of the body and is irritating the Vital Force. Do not let any thing "develop." This is a homeopathic and allopathic trick you cannot afford, if you love the child or husband or any one else you are interested in.

Do not allow the doctor to give any physic either. See to it that, if there is to be any "developing," you can have a hand in it as well as to allow the unfeeling, cruel and ignorant wretch called a "doctor" by grace of the devil, to wait for your child to fall into his net and have a drag of typhoid fever.

Think this over before the time comes and you will have many an idea before the time comes that the child, husband or beloved wife is down sick and the doctor wants to wait a few days while he gives some physic and has it "*developed*" and then run to your house for six or ten weeks. Spot this game and have it out of your house.



We say to you cleanse the body at once outside and inside.

If the blood is in condition that you can get that body to react and to have heat, after it has been shocked by the application of the cold water, then we have the great remedy which would bring out ever so many cases of fever which are allowed to die by these doctors who are fighting bugs and germs and things which, if they do exist in the body, would be soon killed if they would give that body a chance to fight for itself.

The red blood corpuscles would soon kill all the germs in the body.

But the doctors will not do this.

They give the poison to "reduce the fever" and while they are giving the poison they are killing more of these toiling and suffering blood corpuscles and when these fool poison giving doctors have enough of these corpuscles killed then they will attribute the death to "heart failure" or some such fool name and give a death certificate so as to hide the body out of their sight.

It is not "pathogenic germs;" which kill, but dirt, vile smells, or poison gases, and the poison medicine of the doctors.

In the mean time we will tell you of some incidental steps which may help you and we will promise you that not one of them is poison and not one of them can do any harm to the body.

If you can learn these articles while you have not so much to do, you may be sure you will have sometime to come, in which the Master of this universe will send you something to use this knowledge on when you are trying to "do to others as you would have others to do unto you."

While we have made these steps the basis of rapid cleaning of the body and while we have asserted that every case might be rapidly aborted and every case of typhoid fever cured by these steps, we wish at the same time to be understood as not asserting or believing that there are no cases who will not die suddenly and some of them will die—apparently without a cause. (But nothing does ever happen without a cause.)

Think this over good because we do not assert that which we are not familiar with. We know some cases will die in spite of everything which may be done. They will go right down into death in the very face of every effort being made to save them. They seem to be so very rotten in their bodies that the very first thing we can tell is that the death sweat is on them and they are gone.

On the other hand, there are many who get well of typhoid in spite of the doctors' medicines and in spite of all the bad surroundings, bad air and vile water.

There must be and there are reasons for this change which is so apparent in the many cases which we see.

Let us state to you some of these reasons and when you know them, you will not wonder when they come up before you and in spite of all your efforts to the contrary, these patients should die under your care.

1. The first case which we will select are those who were tied too soon at the moment of birth and when they have been so tied, no matter how well they may look,

when there is an extraordinary effort in the body, they will have the "Botallian valve" open and then the heart ceases to act. These lie on the left side for want of change or from choice and in some moment the valve opens and allows the blood to pass through the long unused channels and the next thing is a suffocation and death follows. These cases are not always to be told before hand only by the irregular beating of the heart. Any irregular beating of the heart during any case of fever is deceitful and should not be looked upon with confidence which will always be with those who have a steady beat of the heart. No matter how sick the patients who have been treated right at the moment of birth, unless they have had poison medicine, their pulse will be steady.

The treatment at birth is one of the most reasonable of all the causes of the diseases of the heart which can be seen in little children. It is the basis of many of these heart diseases and the cause of many deaths in fevers, which would have otherwise pulled through. For full particulars about this, see "CHILDBIRTH AND CHILD."

2. The second reason of many deaths in fever cases in obscure cases, is because the father at the time of conception was weakly and a loser of semen involuntarily. We think this may be a cause of weak children and of puny bodies when we seen them frail and delicate at a time when they should be in the best of order.

The bodies which come from the union of two perfectly matched bodies would be good bodies without any natural defect in them. No matter how good the body might be started, if the mother should be frightened during the time she carried the baby, the child could be marked and could be deformed. We saw, recently a little girl of five years of age, who had a spot of hair on either eye-brow, and a spot of brown hair on either buttock. The mother had been frightened by a bear while she was from three to five months advanced in pregnancy and as she ran, she clapped her hands over her eyes. When she got to a place of safety she placed her hands on her hips. The child has the bear's hair in every place where she touched the hands. This was the fact and showed that however well the child was in other respects, the fright had an influence on this body before birth and might have had other influences which we know nothing about.

3. The children of tea and coffee drinkers. These are weakly children and they will never be as strong as the children of those who have never touched tea and coffee. Coffee and tea drinkers have weakened blood corpuscles.

4. Those who have indulged immoderately in strong drinks or who have been habitual users of tobacco are not among the strong persons who can fight against the accumulated filth which has preceded the fever. (Effort of the vital force to rid the body of its old and worn out material. Effort of the vital force to have the body clean.) The material of which we have read; bad air; vile water or uncleanly habits; all favor a body full of filth and in short, to rid the body of the obstructions to its circulation is the effort put forth. We call this effort, fever.

5. Those who have been exposed to an uncleanly occupation or lived in uncleanly places in life are those who will not be able to stand "attacks" (so-called) of fever. Among these we mention those who have lifted so much as to strain themselves or who have been ruptured. Those who have been driving ice wagons during the summer. Those who have slept in some little snug room in some city where there was not sufficient ventilation and have been victims to foul rebreathed air. These cases of fever are always bad and prolonged. Why? Because the body is full of these poisoned and effete materials and it will take some time to have this body freed and purified from these obstructions which are in it. Those of youth, who have been in the habit of self abuse, are among those who are ready to succumb to any intercurrent malady and as they are weakened mentally and bodily, when any strain comes on them, there seems to be some trouble with the heart and they die suddenly.

The loss of the male seed renders the man weak and when he cohabits he is not in good order and thus the child is weakly because the spermatozoa were weak when conceived and will always remain weak. When the great strain comes, this child is ready to die.

These are cases which will not fight against death as persistently and as stubbornly as those who are in good condition in body and in mind from the very first.

We have noticed that butchers, ice wagon drivers, weavers of carpets, nursing mothers, who have nursed the child too long, youths who have been made to sit in school too long and breathe the dreadful air which is in the school house; or in air which has come from the burning of soft coal; coal miners; women who have habitually worn corsets, are among those who have the "fever" in the most dangerous manner.

Not that the fever is any different. But the constitution of that patient has not the vitality that one has, who has not been subject to the same non-observance of the laws of health which these classes have. The steps to cleanse the body are the same in all cases. But much more care is to be taken in cases where the body is really vile than in those cases where the fever has come up suddenly and will go down suddenly.

In other words, the blood corpuscles in the cases of those of whom we have spoken, are not so strong and so filled with strength as those who lived pure and good lives and breathed good air and had good water to drink. The cleansing of the body is the same in all cases. When the body is cleansed, we may be sure there will be no fever.

There is no such thing as a demon or an elephant or a monster in the body, or the body at once being filled with germs which produce all these symptoms. This is absurd. The fever is the effort to rid that body of obstructions. If we see through this we have all the rest in our head to cure every case. But in the cases of which we have mentioned, there are weakly blood corpuscles and in these persons more care has to be used and greater care should be exercised not to allow the body to become chilled and killed to weaken any more of the blood corpuscles which are fighting to keep life in the body.

We will take two cases for examples of what we mean. A child of five years is taken sick with vomiting, purging and violent fever. The mother gives a large injection to to the bowels, bathes the child all over; gives it some bonset or a half cupful of composition and the next morning the child is over its fever and goes about its play all right. It may be a little pale but the appetite comes back and the fever is wholly gone.

Suppose this mother called a doctor who would give ANTI-FEBRINE or ACONITE to "reduce the fever" and Sulfonal "to make the child sleep," would we have a cleaner bodied child the next morning? You know better. We should have a very sick child and the doctor would have enough of a bill to buy himself a new suit of clothes and a box of cigars.

But in case of a person who has been taken sick slowly from living in uncleanly places and who never washed all over, the chances are that we could not do the same thing to that slowly poisoned body and cleanse it as quickly as we did the body of the little child.

Why? Because the body of the adult has many dead and filthy corpuscles in it and we have a greater amount of filth than when we had in the body of the little child to cleanse.

It is not a difference in the kind of fever, as the medical men think and assert. It is in the condition of the body and the condition of the red blood corpuscles in the body. If these blood corpuscles are in good condition, there will never be any danger of the rapid cleansing of the body.

I have seen mothers who were afraid of giving a large injection to the bowels of their child and yet they were not afraid of having the doctor come and dose that child with Aconite, Belladonna or Calomel. In these cases where the mother is so ignorant it is best not to allow oneself to be carried away with the idea of helping these ignorant ones.

What we should do, when we come to these cases, is to be very careful not to make any promises to cure or rapidly get the fever away from the body.

The cases of weak or irregular breathing will not bear any promises. We can do our best on any of them and if we see a rapid improvement, as we shall when we use these rapid cleansing steps to free the body from these particles of filth and dirt,

**COMPLICATIONS OF TYPHOID.**

Any case of typhoid, taken in its inception, will readily be aborted and cut short under the treatment we have given. There will not be any complication in any case so treated.

Complications come to those who are drugged, especially by physic, or those who eat imprudently.

In such cases, the student, or the guardian, or doctor, comes to see these cases when, beside the simple typhoid, there is something else the matter and some other set of symptoms come up which convey a doubt of its being typhoid.

But, in every case, bear in mind, that it is the Vital Force that is making these symptoms and that you are the looker on. Now when you see a symptom, it is nothing new coming up; but, it is the V. F. making an effort to show you some thing, or, rather, to remove some obstruction at some point or place in the body. Therefore, if you see what you think is new., consider that you are there to assist the Vital Force and that this Force is making an effort in some new direction. Remove the obstructions where ever they may be and get your patient into the best of condition. Symptoms mean some thing. Look them over and see what they mean. Short breath means that the lungs may be pressed for breath.

Why? Because of not having liquid enough. Give Spearmint tea or a tea of sage or pleurisy root.

There may be head ache. What caused it? The V. F. telling you there is some obstruction along the Spinal column. Give an injection and a drink of Scullcap infusion not, too strong.

Nervousness needs bathing and may be a small drink of hop tea. Or, lady slipper root tea. Sleeping with the eyes half open, means that the intestinal tract is obstructed. Give an injection to the bowels, of catnip.

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we can promise something definite. But if there is an irregular breath and if the patient shows up very white in the face when the color should be red and hot, then we should be very careful of making any promises of what can be done. There is not a fear but what these steps are all right. We know they are. There are no cases who are so filthy and so bad at the very first that we should not always give them all chance to cure them that we can, but we should never give them the promise that we could certainly give to the cleanly and rightly lived person. Persons must be filthy before they have this fever. When they are weak from organic heart disease, then we have too many conditions to contend with to rashly promise a cure. Make the steps slowly and thoroughly and see how rapid the cleaning process goes on. You can then speak from appearances of the patient as the case progresses. Your words will be founded on facts. But go slowly. Be easy. Do not get nervous. Think over the conditions. Act with one step at a time, just as fast and no faster, than you can see your way clearly to cleanse and purify the body. With these ideas—with the facts in your mind, success is assured to you.

Itching of the skin, means there are obstructions on, or inside the skin. Bathe with the soda and water with the hand. In short, think of what comes up and meet the conditions in a rational manner. Beware of the doctor and his drugs; you know nothing about them and he actually knows less than you do. You know that his drugs will send your patient into a deep sleep from which it will wake up unrefreshed. He thinks that his drug will do some thing. It will, poison your baby. Let the regular be accursed always and for ever; world without end. Amen.

If you cannot think you can pray. But do not give drugs to poison the corpuscles and thus hasten the end of the child.

In all cases when the body is warm, no matter under what other conditions you may be faced with, if the body is warm, you can wash the body. Do so. This will help. When you are through with the washing, think that sage tea, not too strong will never hurt any one. Virgil sang—

“Why dies the man whose garden grows the sage?” Better than all the drugs the regulars ever had since the days of Paracelsus.

You will work to benefit the V. F. and the regular denies the existence of the Vital Force. You know. He does not know. Shun the brute.

**DELIRIUM.** Some times delirium comes because of overwork, worry or of some nervous strain. “Out of his head,” flighty last night, will be the greetings in the morning. School teachers and Book-keepers are more liable to be flighty than Butchers or Blacksmiths. Such a condition shows there is too much material loose in the body and it has affected the nerves and also the material has clogged up or disturbed the brain atoms. Give an emetic, if you can.

Remedies are to equalize the circulation as soon as may be possible.

Injections to the bowels first. If tongue is coated, an emetic is urgently called for. Look after what may have been eaten within two or three days past. Or what has transpired in the house.

For a specific, make an infusion as follows:—

Half an ounce of Boneset; half an ounce of Virginia Snake root, both coarsely ground. One pint of boiling water and steep an hour. Strain.

Have it settle and give warm a wine glass full every hour until the delirium is over. Although nothing will relieve such a case equal to an emetic given soon the next morning after a night of flightiness.

After this specific, or if emetic cannot be given, we think the full wet sheet pack the best agent.

Having put the patient in early in the morning, they can stay in the pack until there is a copious sweat and then come out with good washing in cold water.

Scullycap infusion at bedtime, a cup full. Repeat if needed. This is a dose for an adult.

For short breath and symptoms of Pneumonia. (see Pneumonia.)

For excessive diarrhea, use injections Raspberry leaf. If not controlled in two hours, use a large injection to the bowels of two ounces of bayberry bark steeped in two quarts of boiling water. Use it after being well strained. and repeat every hour until the diarrhea is gone.

For pains in the bowels which might come from wind, use injections to the bowels. With full supply of mints for patient to drink. Or, give freely of an infusion of wild yam. This last agent is almost a specific for pains in the bowels. For canker in the mouth or soreness, spice bitters may be given.

This should be used at first to rinse the mouth out good and then as gargle. Then some can be drank, because the canker is almost always worse in the stomach than in the mouth.

For a specific in cases of canker in the mouth, I commend the bark from the root of the Sumach shrub. The sour berry kind. Those which are red and grow in profusion along road sides in all of North America.

It is the *Rhus Glabrum*. Some kinds of Sumach are poison but this one bearing the red berries is one of the best agents in canker as well as in all cases of diseases of the kidneys where there is a history of excess of starch being eaten.

The berries are also used. But, in cases of canker of the mouth and throat where the Mercury giver has been with his dope of salivation, Sumach will be one of the best agents to be given. Get the bark from the root. Make the tea of it by having what would be a heaping teaspoonful in a cup fill with boiling water and steep an hour. Give freely and wash the mouth out as well as a gargle. A mouthful or two can be swallowed.

Goldenseal and bayberry are also used. Sage is the best general anti-canker remedy on earth. It can be given any time. Sage tea sweetened with honey is an elegant remedy at any time. It is good for the corpuseles.

If there are continued pains all over the bowels, use an infusion of equal parts of compositon, wild yam root and best cinnamon bark.

A cup full **may** be given every half hour.

For **yellowness** of the skin, place pack over the abdomen for a few hours and **then** give an emetic. Repeat this emetic once in twenty four **hours**, until all the yellow appearance has gone away.

**BLEEDING FROM THE BOWELS.**

We never **have** any hemorrhages in our practice. Never had any bleeding from the bowels in any cases since we found out what fever was.

Taking cases from the old school and from the Homeopathic gentlemen after their cases were given up, I have had some few. And, in many instances have saved them.

The following is the successful treatment after you have control.

By the mouth, elm and cayene with alternation of raspberry leaf infusion a small cup full every hour. If raspberry not at hand would give composition.

Rub all over the abdomen with number six. Have an abundance of cool air in the room. No matter the temperature, have the purest of air in the room with free circulation of this air. It is always warm in the bowels where there is a hemorrhage.

Allow the patient to sleep an hour at a time. Never any longer. Wake the patient up and give the teas. Every time there is any passage of blood, give an injection of strong raspberry leaf infusion say three ounces of raspberry leaves to two quarts of boiling water and have it steep half an hour. Strain and do not use too warm to the bowels. Have it moderately warm, but not nearly so warm as the body. In fact, the longer this injection is used, the cooler you can make it. It will only take from one to twelve hours to stop the hemorrhage; but, it may come back after the next twenty four hours, especially if there has been any physic given.

Give all the drink wanted. Not a bit of food till the twelve hours have elapsed since the hemorrhage and then nothing but a small part of a baked apple. Before this is eaten have the patient take one half teaspoonful of number six in half cupful of water sweetened with loaf sugar. This is taken besides what other doses may have the time to take. Raspberry leaf infusion, or the elm compound. Better not feed any thing.

When the hemorrhage is over, have a strong infusion of Bugle-weed, one ounce to the pint, given in wine glass doses every two hours as long as there is any danger, which will be about forty eight hours. After this time, the bugle weed infusion (infusion of *Lycopus Virg.*) should be taken every time before eating and enough more to make it four to six times a day.

As long as the patient is white and pale, or long as the tempera-

ture has made a sudden drop, keep up the stimulation—the elm and the cayenne infusion. Giving a dose or two every hour. Good doses, a half cupfull at a dose.

While there are many kinds of astringents which are pleasant which are safe and valuable, I am giving those which have brought my patients out and which will be successful at the bedside. Hemorrhage of the bowels in any case of Typhoid fever is a very miserable place to be with.

I never found any happiness in nursing them and when a nurse has brought through one of these low down hemorrhagic cases, I feel that it is to her good fortune or to her good hand that the success is due. For, a nurse that will not attend to the case when she has it in charge is going to wake up and find it flown away. Silently and surely. Life is only kept in these cases once in a while and when a man has had hemorrhage in typhoid and lived, he has nearly touched the bottom.

HICCUGHS in typhoid are very unpleasant.

If this occurs near the third week it means death. I have seen a few get well after having the hiccoughs for thirty-six hours but the ones who recover are very scarce.

Oil of Pennyroyal has been extolled. I have used it. But the infusion is much better. Best to use injections of pennyroyal to the bowels.

Place cold pack over the abdomen. And to give small doses of fever tea—desert spoonful every half hour, until it is gone. Sustain the patient. If with the hiccoughs, there is coldness, it is a very bad symptom: But is not always fatal. *Annihilate the Vital Force.*

For Delirium—see Brain fever.

With the fever patient before you, there are three facts that should be impressed on you at all times and from the first moment you have the case under your charge. This should be good water, the purest of air and freedom from all kinds of dusts and smells. Get the carpets, rugs, pictures, flower plants, old clothes and every thing but the naked walls and have these walls covered with paint or with nothing, if you can help it. Pure air is a continual necessity and without the pure air you are going to be disappointed in your case.

A soft coal burning stove in the sick room, means death. We have been through this agony when we could not help ourselves and we hope never to have another case where we shall have to take up some remnant of a case where there has been diminished or foul air and miserable water. If in the city, have distilled



water and if in the country, send for a distiller before any thing else is thought of, unless you are sure of your water supply being clean. If you can not do any better, boil and settle all the water you or the patient may drink. It may be kept in a covered jar.

If there is an offensive breath and, if the lungs are stuffed up, then there may be one of these INCIDENTAL steps taken which will relieve these conditions at once or very soon.

One can do this by administering remedies which have a value in cleansing this entire intestinal tract.

Consider a moment. We have intestines five times as long as the body is high and these intestines are one single tube, differing in some places in size, but all one continuous tube.

The STOMACH is only an enlargement of this tube.

The COLONS and RECTUM are enlargements, but all are connected together and all are the continuations of each other.

When we pour water through a tube at one end we shall soon see it go out through the other end, if the tube is clear.

If the tube is not clear then we know there will not be a rapid flow through the the hollowness of this tube.

These facts have been in the minds of the doctors and in some of the common people and this is why they administer physic and to do cleansing there has never been any remedy, in the minds of the allopaths, as Calomel and Mercury have been. These compounds of Mercury have killed more than all the battles in the world. Do not allow physic under any circumstances.

Why should this be so? Because this poison mineral destroys the little mouths which are all the way through this tube and when these mouths or these lacteals are destroyed, then we have a stop-ped up state of this tube and the food will not do any good.

The stop-ped up state of these little mouths of these intestines is one of the most common occurrences in any case of fever.

The absorption of filthy water is one great reason why there is the trouble with Peyers' patches or these lymphatic glands of the bowels. We should consider this condition and see what may be the best to do in these cases of stoppage.

What can we place in these intestines which shall never hurt them in the least and yet shall clean them off?

What shall it be that we might give to any case? What would we give to an infant and at the same time to the aged and be sure that every dose would cleanse the tongue; would clean off the coats of the stomach; would carry downwards very gently and yet never irritate; something which would be grateful to the stomach and yet assist in a most effectual manner, the whole of the intestines

from the mouth to the anus? This, if we can find it, is the remedy we are after and if we could select such a remedy we should think we have found something which should be prized very highly.

We think we know this very compound; not a new thing; not a new principle; but all old and many years used; only thrown into the background by the devils of doctors who do not wish the common people to know what is the best and who desire to make this country an aristocracy for the wealthy; for those whose hearts are hard enough to rule with a rod of iron over the children of men and "divide the land for gain."

I will tell you this combination and it may not be found new to you but it will be an old friend in a new place.

Take of CUT SLIPPERY ELM bark a heaping tablespoonful. This should be the coarsely cut elm, but if this cannot be had, cut it up with a knife while the water is heating.

It should be cut in little pieces as large, but not much larger than this type and these letters.

Place this in a pitcher and add a very small pinch of cayenne pepper.

This should be the pure article and should be purchased where they are reliable, so that you know it to be pure pepper.

Now, turn on boiling water to the amount of a pint.

Let this stand for twenty-five minutes and it is ready to use although it is our habit to have this stand near the fire while we are using it so as to keep it warm and we take from the top or strain as we need to use it. It should be given warm. It should be sweetened with loaf sugar.

For a child it can be made weaker or stronger. It can be given to an infant and it can be safely given to the weakest of mankind.

This combination is a mild tonic and at the same time, one of the most efficient of all medicines known to the human race today.

There are three articles. Four if we count the sugar. The capsicum is stimulant. The best one on earth for the human body.

The elm is mucilaginous. It is a vermifuge. It will kill germs. It is a tape worm destroyer. It will kill pinworms. It sheaths over the nerves. It is grateful to many stomachs. It will roll up the mucous in the intestines and assist in making a passage through the bowels without irritation. It is a cleaner. It will absorb odors in the intestines. It makes a pleasant form of a vehicle to pass downwards and relieve the gastric follicles of their burdens and at the same time cleaning off the mouths of the gall bladder (or rather the mouth of the *ductus communis cholelochus*) and the liver outlets.

If it were true, that "fever is caused by a pathogenic germ," (which could not possibly be the fact) then the allopaths are the biggest fools in the world for not taking this compound and curing every case of fever. It is one of the best and most rapid germ destroyers and cleaners in the world. It is good for the bowels, in every stage of inflammation and while it passes through the bowels, it will never irritate but on the contrary, will prevent and allay many cases of nausea of the stomach and bowels from engorgement and from the presence of effete materials in the bowels.

The capsicum is one of the best and safest germ destroyers on earth. But, instead of using this mild and efficient compound these old poison dosing allopaths have made their dependance on Iodine, Phosphorus. Calomel, Anti-Febrine, Anti-Pyrine, Muritic Acid, Creasote, Aconite, Belladonna and Lead with a hundred other foolish and poison remedies.

Finally, this elm will never clog the bowels and never dries up so as to become a hard mass, as do the crackers and many compounds made of fine flour. Lastly, there is some moisture passed down with this elm. And life can be sustained by elm alone, for some time. By filling out the intestines it prevents the gas and flatus and keeps all of the baccilli from having lodgement in the intestines.

This medicine alone will prevent the ulceration of the intestines.

Is this too much to say of this combination? We think not. It is the best thing, as a mild thing we know of in this latitude and one that can be always depended on in any case for its mildness as well as its efficiency.

We call your attention to the fact that this is a mild remedy. It is not one for delirium alone. It will never do to depend on this remedy as something which you are to use to the exclusion of anything else and when we tell you all of its good qualities, then we tell you also, do not neglect the rest of those measures which will assist in cleaning off the rest of the body at the same time.

When the mouth is dry; where the throat is dry and sore; where there is great thirst; where there are sordes on the teeth; where there is a pain in the lower bowels; in all cases of diarrhea; in all cases of tenderness on either side, which might indicate ulceration of the intestines, then this remedy is one of the best in the world and may be used with great confidence and as freely as the patient can drink, until the symptoms have abated. This is the remedy to follow after the poisons of the other doctors. It can be given with, or alternated with any other treatment.

The best dose for an adult, is two tablespoonfuls every hour.

And, if you do not know what to do, in cases where they are very low, give, on the half hour away from this cut elm dose, a half cup full of cool or cold sage tea, sweetened to suit the taste or without sugar, if the patient can take it and also give any time or, with these medicines, as much lemonade as is desired. Cold or warm as the patient may desire. Supply the desire for liquid, but do not crowd the patient with anything.

These three drinks will cleanse the intestines quicker than any other step we know of on earth and will do it without one particle of danger to the patient or to the intestines, although they may be ever so weak. Should the bowels be loaded up in the same time, give the injection once a day of catnep infusion and if the patient has had chilly spells, omit the catnep and use the raspberry leaves so as to thoroughly cleanse off the inside part of the lower intestines.

If there is continued fever, what shall be done, when we have accomplished all the steps which we have said are important?

There are other mild and safe remedies which are at your hand and which will bring you relief as soon as you give them to the intestines.

We will call some of them over to you and you will find that their selection may prove a blessing.

For the heavy fever which will not go down with the washing, take a half teaspoonful of each of

Powdered Lobelia leaf. Powdered Pleurisy root.

Leaves of Catnip, whole. Powdered Lady's slipper.

Crawley powdered.

Mix together and make a very large coffee cup or one pint of this infusion adding five lumps of loaf sugar or more or less to suit the taste of the patient.

This should never boil. It should not stand on the stove so as to cook or to simmer. It should be boiling water but never have heat enough, or continued heat to drive off the volatile elements which are so useful in the intestines and no which much of their virtue depend.

As soon as this has steeped (fifteen minutes will do) it should be set in a cool place and to an adult, three tablespoonfuls every half hour may be given. This is a fever compound which, so far as we know, has no equal on earth. Strain.

All the ingredients should be pure and fresh. They should be made into an infusion as they will be more readily assimilated by the glands of the stomach and will do execution quicker as the

water can be at once absorbed and pass directly into the general circulation.

Should it vomit the patient or cause nausea, you may rest assured that the fever will soon abate.

The dose can be lessened if it seems to be too much and if it does not seem to effect the patient beneficially in four doses, then make the dose as much larger as the patient can stand. It can never hurt him.

For a child of five years, a teaspoonful will be enough. If older, or, if the child is large of its age, give a larger dose. To infants with fevers, this can be made still smaller and the strength can be much reduced. It can be sweetened or not, according to the taste of the person who is sick. I nearly always sweeten it for children. The dose given, to an adult, is to fully saturate the stomach and to carry down the material that is in the gastric follicles and coming from the Blood Stream through the Aorta and thence over the stomach.

Take out the dose you intend to give and add as much warm water as will make the dose warm. This is important as none of these infusions should ever be given cold. Strain them before giving.

Never have one of these infusions given after it has been made twenty-four hours. Make it fresh every day and throw out all the old infusions away. Wash out earthen cups or bowls. Do not use tin or iron to steep anything in.

A drink of water may be taken afterwards if desired.

If Lobelia is boiled, it is no good. The same may be said of Crawley and we think, that in many cases of fever, the Crawley should be given powdered. It is not offensive and will do great good when it goes into the stomach in the dry form and a drink of water afterwards.

Crawley will be one of the powders which never disappoints one in cases of fever.

I cannot say it is a germ destroyer but it will gently carry downwards and while it is being carried downwards there will be a pleasant sensation rather than the griping which comes from oil and from salts.

Should there be lack of sleep, let us whisper in your ear. Never have the idea that sleep is as necessary to the body as to have the body in health and clean. Do not crave sleep as the one great thing which should be accomplished at any expense.

It will never be so. Sleep will come when the body needs the sleep, if the body is in good order and clean.

The allopaths make this dreadful mistake of thinking it is better to sleep than to be clean. Because of this belief, they give SULFONAL and their opiates destroy all chances for life. You had best to have the patient awake many nights and to keep on bathing the body, than to give one dose of opium and to lock up the secretions so that you will have a worse, filthy body the next day. I say, have the patient kept awake many nights rather than to give opium or the devilish poisons which stupify the brain and have sleep which really does not do any good to the body. This is important as I have seen people so anxious to have their child, or their wife "have a good night's rest," that they changed doctors and had the opium placed in the body of the loved one to have the "good night's rest," and they are sleeping yet. Although they think they are all right in heaven. But thinking so never makes it so.

Do not crave sleep so much as you should crave the idea and the fact of having the body in the cleanest of all conditions.

But in case there is great sleeplessness from any cause, then another article may be added to this compound and this is Lady slipper or Scullcap or both. The same amounts of each may be added to the Lobelia and it will prove a gentle nervine to the intestinal tract because the bitters of these articles cleans off the inside lining of the intestines.

We say these bitters (which are called nervines) will assist in carrying down this old material. They will assist in carrying off the slime which is in the bowels.

How do we know?

Because all the articles of the simple bitters stimulate the glands of the intestines and thus aid in having this material cast off from the mucous coatings of the intestines.

Tightness of the lungs, or an irritable dry cough may be relieved by cold packs, exclusively over the lungs and if there is pain and distress, without ability to draw a long breath, a hot water bottle can be placed over the third or fourth thickness of the dry materials over the pack.

That is, first put on the pack of one or two thicknesses. More if the patient is an adult and robust. One thin one is enough for a delicate person.

Then place two or four dry ones over the wet towels. Then if there is no rapid relief, heat a plate or the stove lid, wrap up in paper or old cloth and apply over the pain outside the dry towels. The rubber hot water bottles are better, if they are at hand.

The reason for this heat, in any case where the pain continues is as follows:—

*a* The capillaries of the lungs are contracted upon a mass of cold, inactive, dead and slimy material.

*b* The cold water will assist for the needed moisture and heat (from the plates, stove lid, or the hot water bottle) will rapidly assist in having the parts relaxed and pliable.

At the same time the heat will liquify the cold and clammy, dead material which is obstructing the capillaries or the arterial, venous or lymphatic circulation at this place.

When the old material goes into the circulation, the pain (message) will cease to be sent from that place.

While the pack is on, the fever tea can be given (Form 10.) or a combination as follows:—

Catnip herb, a full ounce; Crawley, teaspoonful heaping; Wild yam teaspoonful heaping; Peppermint, teaspoonful heaping; Lobelia, teaspoonful heaping; Pleurisy root, half an ounce. Mix together.

Place in a pitcher and turn on a quart of soft boiling water.

Let this steep an hour, and not too warm, covered.

Dose. 3 to 7 tablespoonfuls every half hour, according to the severity of the pain, for an adult. One-fourth the dose for a child ten years of age. Less may be given to a delicate infant and proportionate amounts may be made at a time.

The amount made (which would be about a pint and a half when strained.) will not be too much for the twenty-four hours.

In case this amount should cause some NAUSEA and sickness at the stomach, do not be uneasy, and, if there should be vomiting after this has been given for half a day, you can be sure this vomiting will do the patient much good. It will come up easy and by taking a small stick or match, and stirring up the emetic one can see the condition of the stomach and glands of the stomach where this material has come from in case of the vomiting from the giving of this mild fever tea. After vomiting the pains will be less and the Elm compound and sage can be given alternately, unless there is more pain or more sleeplessness and some other kind of nervousness that is worrying the patient and the friends. In this case, continue the giving of the Lobelia and Crawley compound.

Under this treatment, there should be a warm sweat break out and it may be first noticed under the knees, in the hollow under the knees and if this moisture can be found there, one can rest assured that everything is doing well. The body of the patient is

improving when this moisture comes in the place under the knee. Called the "Politeal space."

If the throat is dry and sore or irritated and the voice husky, alternate with the slippery Elm compound (Form 23.)

Should there be diarrhea with this, the C. R. (Form. 3) can be given in two or four tablespoonful doses, every third hour. (Never give C. R. to follow the old school poisons. Never use it in cases of weakness of the bowels.)

In case there should be any HEMORRHAGE of the BOWELS—with pain, give  $\frac{1}{2}$  teaspoonful of the compound tincture of myrrh (Formula 6.) in cup of hot water and sugar. Half of this may be drank at once. Or, it can be taken one to three tablespoonfuls every half hour.

Let the patient also drink freely of raspberry leaf infusion—cool or warm as most grateful to the taste.

Rub the bowels over with this myrrh compound (Form 6.) and give an injection of an infusion of Beth root compound (Form 30.) as follows:—

One heaping teaspoonful powdered Beth root. A small pinch of powdered cayenne. A half teaspoonful of cinnamon. Mix.

Turn on one pint of boiling hot water. Steep thirty minutes. Strain. For the injection add another pint of water of a temperature to bring the whole amount to be pleasant to the touch of the bowels and let this remain in the bowels as long as may be comfortable.

This may be made stronger or weaker as may be desired or the case demands.

Should there be PAIN in the BOWELS, or a pain over the region of the LIVER or SPLEEN, make the infusion of equal parts of:—

Composition. (Thomson's. Form 7.) Wild Yam.

Cinnamon. Checkerberry and Smartweed.

1 heaping teaspoonful to a cup of boiling water; steep 30 minutes; strain and sweeten, and give  $\frac{1}{2}$  cupful at a dose every 20 minutes until relieved. Never, under any consideration, allow any doses of physic to be given. Depend wholly on the copious injection to the bowels.

Pains in the bowels, very low down, with pains in the back, are best overcome and cleared out by copious injections of infusions of catnip or spearmint.

Sufficient strength of these herbs to do good to the bowels would be three ounces to three quarts of boiling water. Steep from for-



ty minutes to an hour. Less time will answer if one is hurried.  
*Never allow these infusions to boil.*

Should the bowels become bloated, there is a remedy which will sooner relieve this bloating than any we have yet mentioned. This remedy is what is commonly called a "MEDICATED INJECTION."

The bloat will always arise from some cause and may be from improper food and it might be, because there cannot be wind or gas pass from the bowels.

This last condition could arise because of piles and could exist because there have been some improper drinks taken. (Sour milk for instance.)

These medicated injections are made in different ways and of differing materials. They should always be large enough to go up as far into the bowels as will be necessary to cleanse the large bowels and when the large bowels are emptied, then we shall soon have all the smaller intestines cleaning themselves out by injecting their contents into the large intestine.

The best and the simplest of these medicated injections, is made by making an infusion of catnep. Place two ounces of the herb catnep in three quarts of water and steep (not boil) twenty minutes. Strain this and when it is cool enough, have as much of it passed into the bowels as they can comfortably hold.

The first part of the injection may be desired to pass out quickly. But the next time the patient can hold more and by a little effort this injection can be retained for a few minutes. This will warm the entire bowels and when the infusion comes away it will be a very great relief to the body of the sick one.

A STIMULATING INJECTION can be made from COMPOSITION—an ounce to two quarts of boiling water.

If composition is not at hand, and the water does not rapidly relieve, no time should be lost in waiting for some particular remedy. An injection may be made effectual by making infusions of any of the following:—

Spearmint, Horsemint, Boneset. Erigeron, Motherwort, Pennyroyal. Ground Ivy, Canada Snake Root. Spikenard, Virginia Snake Root, Sassafras. Ginger, Smart weed, Spice bush, May weed. Prickly ash bark berries.

One ounce of powdered prickly ash berries or bark will make a moderately strong infusion in three quarts of boiling water. They should be steeped fully thirty minutes.

These infusions are diffusive and stimulant. They assist in restoring the circulation and cleansing the lower bowels which

restores the circulation and cleanses the mucous surfaces of all the intestinal tract.

If there is no relief from one injection, repeat in fifteen minutes to half an hour.

If the patient is sufficiently warm, add a heaping teaspoonful of powdered or coarsely ground LOBELIA HERB to any of the above named infusions and have it retained a few minutes. LOBELIA is the safest and purest relaxant on earth. One need not to fear it, unless the patient is cold and chilly. In all cases of colic pains, Lobelia is the safe and efficient relaxant. It should seldom or never be used clear, but should be combined with Catnip, Spearmint, Ginger or Cayenne.

Do not fear if it creates paleness and whiteness of the face; or nausea and vomiting. Give freely of composition tea by the mouth and the person will vomit or the sickness will pass off. In either case, relief can be reasonably expected from the colic pains. The obstructions will be gone.

All the injections should be strained through a fine cloth so as to take out every particle of herbs and powder.

Injections should NEVER BE GIVEN cold. Always have them warm but not too warm.

The three most useful injections for PILES which are bleeding are:—

1. The Raspberry infusion, two ounces to three quarts.
2. The Beth root and Cayenne, an ounce of the mixture, Formula 30, to three quarts of boiling water.
3. An infusion of Thomson's composition, Formula 7. An ounce to two quarts of boiling water.
4. A teaspoonful or more of the Compound myrrh No. 6 in a quart of warm or tepid soft water.

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(NOTE:—The reader will understand us thoroughly when we assert that any injection should never be given cold. We are speaking of fever. During fever, we think the cold injection should not be used. In cases of piles, or, where the patient is a seemingly healthy person with full habits and has something the matter with the upper extremities, say cancer of the face, then, in such cases we have found the daily injection of cold water to the bowels one of the most effectual remedies we have ever seen. In cases of bleeding piles, the cold injection is almost a specific for the hemorrhage and is soothing to the bowels.

But, in cases where there is fever and perhaps chills to go with it, we assert the cold injections should never be used. Have them of a little lower temperature than the body and you will have every thing pass off smoothly and the patient will feel much relieved.

Outside of the fever and chills, these injections should be tempered according to the case.

These can all be made strong if there is great pallor in the patient.

If there is sudden collapse, place a teaspoonful even of powdered cayenne in tepid water and inject into the bowels. I have known a case, where this proceeding (injection of Cayenne and water into the bowels) promptly rallied the patient who made a good recovery from a very despairing stage of yellow fever.

For a child, or an infant, these injections can be made weaker and should be of less proportions. Observe, every injection should be sufficiently large to reach all the larger intestines of the child. Thus for a child of five years old, four full quarts can be used.

For a child of one year old, I have used two quarts.

All would not pass up at first. But was used in the several attempts to have the injection stay up long enough to have it do good. To accomplish the desired cleaning.

For an adult, after the medicated injection has been used, if there is not perfect ease, four quarts of warm water can be slowly injected into the bowels with the best of results. It will bring away an amount of old material which would be thought incredible. This will nearly always relieve the bloating and the pains in the bowels.

If the bloating does not rapidly subside after the first injection give another one six hours afterwards and so continue to do, until the patient is thoroughly relieved.

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(After, or, during and any other time while there is anything going on, whereby any effluvia or, bad odor is coming into the room, or, where there is very bad breath in the patient, it is well to have a pan, or bucket, filled with clean water, cold, sitting under the bed. This should be changed and fresh water placed in the receptacle (pan or bucket,) while it is kept there.

The object of this clean water on a low level of the room, is to absorb the effluvia or odors that may come from the patient or his passages. This water should certainly be changed every six hours.)

Why should the mother be afraid of an injection to the bowels? We answer that she has been taught to trust to the doctor for all her ills and to ask the doctor for what she wanted to know. So the doctor, with an eye to future business, has told her that if she used injections once on the child she would be obliged to use them continually. This was a lie, but it has been told so much that many fools believe it. Even if it were so, it would be better to use the injections always than to bury the child where we would not have any child to give injections to. But it is not true. Injections are used to cleanse the large intestines and they could never do any harm where they are sent.

The intestinal canal is a watery canal and is made to have liquids in it. It is nature's own liquid to carry off all refuse material. Why should the mother be afraid of cleansing the child, which is hers? Why should she not think of the conditions and think of what is best for the body of the child and never allow the doctor to experiment on

A child of twelve years will bear three pints at once. It will not do to give a little injection which will only reach into the rectum; the injection should be made large enough to reach all through the lower bowels.

It should be given slowly and with a view of cleansing or washing out all the large intestines and not solely for the purpose of making a passage of the bowels.

It should be given whether there have been motions of the bowels or not.

For weakness with shortness of breath, flabby, white, tongue, give an infusion of Boneset, three or four tablespoonfuls every hour until the tongue is clean; alternated with Elm Compound.

While this is being given, the bathing when the body is hot, should never be forgotten or omitted. It is of first importance.

The injection should be given about the time of sleeping—say at 9 p. m., earlier or later according to the surroundings of the patient, and the bath should be given early as convenient in the morning, after the morning wakening. Then the clothes should be changed and bedding all freshly placed on the bed.

Should the patient turn YELLOW and the fever be apparently less, with foul breath and obstinate constipated stools, there may be given—provided the patient is of a robust constitution, the following LIVER REMEDY.

One heaping tablespoonful Culver's root. Ten grains Capsicum. One pint cold water. Boil five minutes, strain and sweeten.

Dose.—Four tablespoonfuls every three hours until the stools

the body of her own flesh and blood? We say these doctors, no matter how they may have some idea of your friendship, have nothing in common with you and they look at you as so much business to see to and support them. Why should not the mother learn to take care of her own child?

An injection of warm water to the bowels is the very easiest thing to give and if given promptly would obviate the necessity of having the doctor. But the doctor will never order an injection to the bowels. He will give his poison medicines and let the little child slip along without cleaning the body so as to have the child sick a little longer and have a little bigger bill against the family of his "friends." We do not want any doctor as our friend. We desire to keep away from the leeches of this century. Give us some knowledge so we can take care of our own children and keep away from these useless expenses and from these poisons which ruin more than all the wars on earth.

The doctors of this day are the direct descendants of the old Babylonian priests and wish to have and to hold the people in ignorance but the King desires and is to have education on all the earth. Daniel said; "Many shall run to and fro, and knowledge shall be increased." This is a part of the knowledge. The mother shall no longer be ignorant but shall know how to take care of her own body and that of her own child.

are dark colored, when it may be given two tablespoonfuls every six hours.

This acts (if anything ever acts) directly on the liver and gall ducts.

But should never, under any consideration, be given where there is an eruption of the skin.

It should never be given to a child, and never to a pregnant woman.

Never give to any case where the patient has been taking any form of morphine. It will produce a coma (we think it sets the morphine free which may be in the system) from which there will be no awakening.

It cost a life to assure you of this fact.

When the patient is convalescing, then a series of bitters may be given for the double purpose of cleansing the intestines and stimulating the lymphatic glands (Peyer's patches) thus assisting the appetite and restoring the strength. They can be selected to suit the different cases and we name over those which in our hands have been most satisfactory.

Chamomile Blossoms, either German or Roman.

This is a mild bitter which is very grateful to the taste; cleansing to the bowels, and a mild diuretic. The German are yellow and apparently stronger, acting beneficially to all the mucus surfaces.

The Roman English Chamomile will be found slightly less bitter, more soothing to the lungs and more directly hastening the menstrual flow in the case of sickly and weak women.

The infusion of SAGE is beneficial, cold or warm in any stage of fever.

Give it warm when the patient is chilly and allow it cold, three or four times a day when the person is convalescing.

PEPPERMINT or SPEARMINT is excellent where the urine is red, or high colored. Also where there are settlings in the chamber.

CLEAVERS (GALLIUM APARINE) is for scalding of the urine and scantiness of urine.

QUEEN of the MEADOW (EUPATORIUM PURPUREUM) is a noted diuretic, and good for pains in the back; jaundiced condition of the body; yellowish eye balls; gravel and aching of the scrotum: may be given freely in decoction.

Stone root in powder or decoction can be depended upon for colicky pains in the region of the kidneys. Infusion of red clover blossom in half cup doses more or less (according to condition of the patient) may be used for pains around the nipples or at the

angles of the jaws or a dull ache at the back of the neck.

Bugleweed (the *Lycopus Virginica*) is indicated in palpitation of the heart; spitting blood; profuse spitting; nervousness with twitching of the muscles and stitch in the side.

Hiccoughs may be relieved by any warming stimulant, as oil of Pennyroyal triturated with sugar in half drop doses. Infusion of sage in small sips will sometimes prevent the hiccoughs.

A wet pack over the stomach and diaphragm, is sometimes an effectual remedy. Persistent and spasmodic hiccoughs are very grave symptoms. Peppermint infusion is one of the best remedies in delicate persons.

Neutralizing cordial (form. 27.) Balm (form. 4.) if there is coldness of the extremities.

In cases of thirst, where the lemonade does not allay desire for drink, there may be sweet and fresh cider given. But it should be pure, of ripe sound apples and freshly made.

There is no objection to pure grape juice. There is every objection to wine, brandy, or alcoholic drinks. They destroy the gastric follicles of the stomach and let the patient drop as soon as the temporary stimulant is passed.

Currant and cranberry jelly make a good drink for a fevered body. The drinks which are made of fruit juices are all right to drink if they are properly preserved. In case these fruits are mouldy, they are the very worst things which can be placed in the stomach and the intestines. Yet I have seen a very careful housewife who would have disliked to have it said she was not neat, shake up the mould on a jar of strawberries and send it in to the sick person with a fever, to be eaten or made into drink. I could not have thought this possible, if I had not seen it with my own eyes.

All the fruits as has been said, are all right to be used, if they are clean and ripe when preserved. Dissolve them in water. Do not add too much sugar.

Lemonade will be all right with any one except the nursing mother. In the case of the nursing mother, this sour drink will curdle the baby's milk. I think in these cases, if the baby is fairly well, it should be weaned as soon as there are certain symptoms of fever appearing in the mother.

But, where there has fever occurred under some old school doctor and one of our people take it, or, where from any cause it has just shown itself, if the Emetic can be promptly given the fever can be broken up at once. Inside of twenty-four hours, the fever can be gone.

In which case, I would not advise the weaning of the baby. For further particulars on this subject see Child-birth and Child, second part.

Cider can be drank. It will be all right *if it is* cider. If it comes from some saloon and has been manipulated by the sellers of this stuff, then it should never be allowed. Neither should cider which has undergone fermentation in a barrel, be allowed to be drank in cases of fever; (or any other time.) It is vile.

Keep all plants out from the room where there is a fever patient.

Do not have a window open from a willow grove, or a willow tree. Willow is an unhealthy smell and as the trees are often filled with caterpillars and other bugs, the odor becomes doubly unwholesome.

Have all excretions, passage from the bowels and urine *emptied at once*.

Scald all the vessels before they are carried back into the sick room.

If possible, pour fresh slacked lime into the place where the excrements are poured.

Do not pour these excretions into a privy vault, or a water closet, or a garden house and allow them to stay there without disinfection.

Never allow a lamp of oil or of kerosene to be burning in the room with the fevered patient.

Burn spermaceti, wax, or stearine candles. But keep the light from the eyes by a shade in front of the patient.

Gas is not fit to be used in the sick room. Electricity causes nervousness. But if it is not fatiguing to the patient this (Electric Light) may be used. Never let it shine in the eyes.

Never have a rotten toothed nurse around the patient. Never allow a tobacco user, chewer or smoker as a nurse if you can avoid it.

If your patient wears a red rubber plate, have it right out of the mouth all the time and when well, have a black rubber plate or a gold one advised. These are small things but small things are what may pull your fevered patient through.

Have no quarrel with your patient. Keep everything easy until the patient is out of danger. Do not have too much visiting. The less the better. No candy or pastries on any account.

When the patient sleeps good, we object to the waking to give medicine. But the patient should be awakened [1] when restless; [2] when sleeping with the eyelids half open; [3] when very feverish; [4] when delirious and wandering in mind; [5] when dreaming;

- [6] when snoring heavily; [7] when the feet or hands are cold.

In any of these cases the appropriate medicine is needed, or the bath and sleep allowed again.

The next morning the same cleansing process is to be gone over and the same care exercised about the food; the same tooth brushing; the appropriate steps to be taken to cleanse the fevered body.

Here allow us to call your attention to the fact that you nor your medicine nor your care will ever break up the fever. But your care, your attention, your medicine assists to cleanse that fevered body and the moment that body is clean, the moment your fever will be gone. There will never be any fever in a clean body. So, as you cleanse that body day after day you can see the fever leaving the body and see it daily improving [1] the cleaning of the tongue; [2] in the softness of the skin; [3] in the improved appetite; [4] in the restful sleep; [5] in the growing cleanness of the whites of the eyes; [6] in the lessening of the tenderness over the bowels; [7] in the freedom from headache; and in the desire to sit up and again become an integral part of the world's workers.

It may take days to cleanse the body wholly. You may not see so very much improvement the first day as you expect.

You may forget the rules and give food which clogs the stomach and intestines or some company may come in and set your patient all nervous and wrong in the head. And you may have to do the whole thing over again.

But as sure as the multiplication table is right, so sure is it that these steps are correct and right.

And so sure it is that while you are cleansing this body you are conquering the conditions which irritate the vital force and the vital force makes the effort to overcome the obstructions in the body.

Every time you give the injections successfully you will have the body so much cleaner than it was before.

Every step you take, is in advance.

And when you have the proper consideration of the conditions, no one can rattle you by supposing that "the disease can go to the head" or "go to the heart." Neither can the condition "strike" something or do something that could not be foreseen.

You have a sure thing and if you do not see success crowning your efforts, you may be sure the steps are not taken correctly. But we are sure you cannot fail.

This is not in accordance with the ideas of the doctors, and possibly some of those who consider the fever to be something which should be starved and bled out, but this is the fact, and when a



patient has enough to drink and has the body to be cleansed the sooner it will be well in body and clear in mind.

We have now seen that fever never exists, except as the act of the vital force and that there is nothing which can produce the fever except the vital force.

We have seen also, there are what might be termed two causes of fever but only one real cause—and that real cause is the vital force. While the cause which may be called the provoking cause is any obstruction which may be in the body. If you have profited by our lessons, we now have the idea in our heads that all kinds of fever, in every form is the action of the vital force; and without the vital force there is no such thing as a "fever."

We have given you copious extracts from the Allopathic sources of Medical knowledge and have seen that they are wholly in ignorance of the real cause of Fever.

They may suppose and try to demonstrate, that Fever comes from germs and that these germs are hidden away in the ground, or, hidden in the milk or, in some cesspool, or, that these fever germs breed some where and in thousands of other ways try to have us think that Fever is always "caught," or "brought" from some where, but, when we have sifted down the evidence they produce, we find only the fact that these statements they bring forward, as facts about the fever, do not prove that their bacilli, germs, or bugs of any sort, or that any thing on earth can, or ever does, produce fever, except the Vital Force; and all, and every evidence they, or the whole world can produce, can only prove still more the fact, that fever is an effort or an act of the Vital Force, (or the Nature or life power, which is all one and the same thing,) and this Vital Force actually brings up or makes this effort to rid the body of some obstruction that is irritating the body and which should be removed, from the body and the Vital Force seeing it must be removed then and there brings or makes these symptoms that we call FEVER.

We know! We are sure when we say fever is the effort of the vital force made to overcome some obstruction in the body.

Splinters, worms, clogged and dead blood corpuscles or undigested food can not *cause* fever. The vital force alone causes the fever.

We may see that worms may be the provoking cause of a fever, and we have to acknowledge the fact that something must occur in the body or irritate the living matter in the body, before we see anything like fever. So we might say we have two real causes of fever, the *active* cause or the producing cause and the ob-

struction, or the provoking cause. But this would not be correct. Only ONE Force PRODUCES THE Fever and this is the Vital Force.

The obstruction, whether it is poison gas from rotten wood; filthy water, from cesspools, or the breath from offensive persons, can each and all, irritate the living matter, and then and there the Vital Force sets up the ACTION or actions that we call a SYMPTOM, or SYMPTOMS and which is called FEVER.

If this point, that all actions of fever, the fever itself, is the action of the Vital Force dwelling inside of the body, then we shall find and trust to the facts that FEVER is the symptom of living force making some effort to carry off some obstruction, no matter by what name this obstruction may be called and, if we understand this, we shall see that every case of fever is inside of the body, set up by the Living Principle in the body, the Force that has built up the Body from its inception and we will understand that every effort that is seen is the effort of the living principle to cast off and get rid of some obstruction in the body itself. Then we have the clear conception of fever and we will also see that to be rid of this fever, we have to assist this fevered body in getting rid of the obstructions in the body.

Then, the fever will cease.

In order to show you one more fallacy of the old or regular school doctors, (and, while we are at it, we will say every school of Physicians and all classes of men on earth, because all schools teach these fallacies about germs, bugs and animals and every thing of this sort, and, if we knew of one school or any set of men who would believe in the truth we would call them over but we do not know of any one school of medicine but what is, and has been in this dreadful rut of medical foolishness.) we will introduce an article taken from "Gunn & Jordans' revised family physician, a book said to be in its 214th edition and sold all over the nation as "authority."

*"When the inflammation or fever originates from external or outward causes, such as wounds, blows or burns, the fever that follows, which is called the local affection, is in proportion to the degree of inflammation in the parts affected."*

In this sentence we see the authors are claiming the fever to originate from the outside, and that a blow can be a "cause of fever."

Suppose the blow from the outside should have been sufficient to smash the head of the victim. In such case, would the fever become high? Could there be any fever after death was present?

This will not be acknowledged. There could not be any fever after the patient was dead.

Can it not be seen that it was not the outside which caused the fever, but something which was on the inside of the body? No blow or wound could cause the effort on the inside of the body. Could a "burn" cause a fever? If a burn could cause a fever, what kind of a fever should we have if the body was suddenly burned wholly? Where in these cases would the fever be?

The very fact that these medical men said there could be a cause outside of the body shows that there was no idea in their heads of the true causes of fever. They were ignorant of the body, or they lied.

Or, suppose the wound had been in such a locality as to lay open the man's heart. Would the fever which follows, be in proportion to the degree of the wound?

We see by thus looking at the construction of their sentences that they do not understand the first cause of fever. Page 377 has another one of these assertions which show the remarkable ignorance of these medical men is this regard.

*"But a still more active source of fevers is produced from the effluvia arising from the living human body, when people in great numbers are crowded together, when the air is deprived of its vital ingredients by repeated respiration, and made poisonous by foul exhalations."*

By examining this assertion we should believe that fevers would exist in the grave. But we have no evidence that any inmate of a grave yard ever has a fever. And we must confess that if the air is anywhere bad and vile, and persons are "crowded together," that place is the populous grave yard. The air is bad. The inmates are huddled together. Yet we do not hear any complaint of anything like fever. We see again these assertions are not made with any regard to the truth, but made solely for the purpose of blinding common people from understanding anything of the real causes of a fever.

It is seen on the very face of all these thoughts that they did not have any idea of the prime cause of fever, notwithstanding their success with their book. The books which are published with the sanction of the medical schools and colleges are filled with these inconsistencies, not to call them by any harsher name. We read in "Practical Medicine" by Alfred L. Loomis, M. D., L. L. D., Professor of pathology and practical medicine in the medical department of the University of the City of New York; Visiting Physician to Bellevue Hospital, etc. Page 649, that; "*The term fever*

*is one of those elastic words which it is impossible to define accurately.*" We might stop and ask why this term "fever" is elastic and hard to define?

The answer would be that there is nothing in the science of medicine but what is hard to define from any standpoint of the present blind practice of medicine. The regular school has no science or exact knowledge, therefore it is "hard to define" what they really know. They cannot "define" their own position truthfully.

Are "walk," "run," "think," "speak," "strike," "see," "feel," "hear," "stab," "cut," "burn," "dig," in any manner "elastic?" The word fever is no more elastic than are these other words. It signifies something, but what this something is, these allopaths, and in fact the "doctors" of the world do not know. And we think the reason why they say so much about the world which is elastic and yet know so little, is because they are blinded by ignorance. The so-called "science of" medicine is only a jargon which is to hoodwink the people and to keep them in ignorance.

If the common people would only wake up two hours in a day they would never be sick. It is their ignorance and their filth in living and eating that keeps them sick.

Although we belong to what is known to be the "Physio-Medical" school and this school has had all the advantages in the world to know what "fever" really is yet there are many of them at this day who have wandered away from the truth and do not know where they are in the bonds of belief. They have imbibed too many of these false doctrines from the old school that for all practical purposes they are ignorant of the terms used by the medical profession to conceal what they should know, but do not know.

In plain English this Alfred Loomis does not know or cannot tell what fever is. We follow this learned professor through all of his wanderings in his book and conclude that he has no knowledge of *Fever*.

He says this term is hard to define. And we think from any allopathic standpoint, it is hard to define. More than this, we think if they would look at the knowledge now extant on this subject, or if they would exercise some of the strength now being wasted on preventing the "outsiders" and the "irregulars" from having a little practice of medicine, they would appear to better advantage among honest people.

But they will not let anything alone, even if it is "hard to define." Here is the way this professor comes at this fever:

"At present we are ignorant of the exact manner in which these

poison elements excite those metabolic processes which are productive of fevers."

This sentence means to say that he acknowledges his ignorance. And all the regular school may as well say that they are ignorant of the entire subject of fever of any kind.

### THE FOOD NEEDED.

We have already spoken of the condition of fevered bodies, and now we come to the food for those bodies in cases of fevers and in short, of those bodies in all cases of any and every sort of disease to which flesh is heir to.

The food which is needed and that which should not be touched.

The food which is really needed during the progress of fever, is next to nothing, if we think of food as something which is meant to build or assist to build up the body in its muscles and its formation of the different members during the progress of fevers.

But if we mean nourishment, then I think we have a right to say the person really needs food for nourishment.

The food which the person needs, is that which will, by its inherent qualities readily pass through the intestines without any irritation.

If we could pause and turn our eyes towards the grave yards where the thousands lie who were "fed," we should surely have your undivided attention on this subject of feeding the fevered patient.

With forty-one years between us and the date of the time when we graduated in Medicine and with hundreds, perhaps thousands of successful cases in fever, and many deaths from foolishness before we knew what fever really was, with this experience before us and in the faces of every one who has gone before us and with good will toward humanity we assert to every one in the care of patients with fever.—

**DO NOT LET THE FEVERED PATIENT EAT ANY THING.**

Until he or she has the appetite for something to eat.

Wait until the appetite comes before you feed the patient.

*No solid food for seven days from the time THE FEVER IS GONE.*

Why? Because while the vital force has raised the temperature and made the body warm and while all the blood is needed to drive out and away from the body the obstructions which are provoking the vital force, this blood to digest food cannot be spared to go round and send a part of its contents into the stomach to digest food. And, if food is sent into the stomach before the stomach is

ready to digest it, we may rest assured that the vital force will be hindered in driving out the obstructions that are provoking it.

Give the patient plenty of drink, of soft or distilled clean water, or of lemonade. But no solid food until the appetite comes and for several days after the fever is gone.

The best food is ripe fruit. Bananas and Tomatoes *always forbidden*.

In northern latitudes the best thing is the baked apple. Baked soft.

Why? Because this apple will assist to peel or to gather together off the materials which are in the stomach and in the intestines and in any case, whether of diarrhea or constipation, this is the material which will soonest cleanse off the inner part of the stomach and the intestines.

The apples pass down readily and do not stick. At the same time, good apple is grateful and will assist in cleansing all of the intestines.

Observe, that anything which is sticky, as the starches, are not so good to pass down as are things which contain an acid, and starches should not be allowed.

The APPLE is the best, but other things which might be more grateful could be given during the first period of convalescence.

The next best article is a ripe ORANGE. This is the fruit for the south.

Should this be too sour, there will be wind on the stomach. Should it be unripe when it was picked, or should too much of this be eaten, there will be a gas and in some cases, it would be possible for this ripe orange to cause a looseness of the bowels. But this would be a good thing to occur in many cases, and I have never seen any trouble from eating—or rather sucking a ripe orange, as early as the appetite comes to the patient. But never tempt the patient to eat, until the appetite comes.

The pulp and seeds should be spit out and not swallowed.

In some places, where there are water-melons, ripened in the same latitude, after the appetite had come and every thing was right, tongue cleaned off good, then I have allowed a small piece of water-melon with good results. The pulp should not be swallowed.

Solid food should not be thought of, no matter how great the appetite is. After there has been a case of continued fever for some days, do not give solid food. Give something soft and easy.

All kinds of starchy foods should be forbidden, even when the patient is able to go out of doors. Fish and meats should be whol-

ly avoided. They must not be eaten under any circumstances until the patient is dressed and able to work in the garden. As long as there is any weakness there should not be allowed any meats or fish of any kind, until after the person is up and dressed. This will apply to Typhus, Typhoid, Brain and Lung fevers as well to cases of Pneumonia and Erysipelas. Do not give solid food for several days after the fever is over. Shun eggs, crackers, candy, peanuts, bananas and fish in any and all fever cases.

The next thing which I have allowed in small quantities, is the canned pear.

I think the pears which come under the name of Lusk & Co., are the best, and, as soon as there is an appetite for these fruits, I do not hesitate to use them in small quantities at the first, and larger as the days go by. Ripe grapes can be sucked. Be sure not to swallow skin or seeds. And be sure they are ripe and sweet. Try a very few, say three or four and then increase the number daily.

The fruits are always the safest.

All the time all the lemonade can be given which is desired, and the more water and drink there can be taken, the better off will be the fevered body of the patient. Drink before eating. No drink for two hours after a meal.

I think these are enough of any foods to be allowed at the first and possibly for one to three days or the first five days of Convalescence.

There is one sure thing which I lay down as rule which is never to be broken over.

No patient of mine is to have any potatoes, eggs, fish, cheese, chicken, ham, oysters or anything fried, or anything which contains soda or baking powder, during the time there is any sickness. CHICKEN MEAT is poison to the Typhoid Fevered patient. No Tea, Coffee or Chocolate. No candy.

These foods which I have named are not to be given while there is a particle of fever.

The reason is not very far from you if you will stop and think a moment of the way bowels are made, and how these bowels act, and then to consider that in these cases of fever the bowels are out of order and in all these cases there is already a clogging in the bowels. Milk makes the clogging more solid.

I made the first acquaintance with potatoes in typhoid fever in the year of 1861. There was a young man just recovering from fever, and the allopath said it did not matter what he ate and he gave the young man a "nice baked potato."

In a few days the young man ceased to eat and later they carried

him out in the cold ground and gave the writer of this article a lesson which has never been forgotten.

We have had other lessons since, but never one which came so very near and did not hurt us.

We had a patient in the other part of the house and we knew at that time sufficient to have our diphtheritic patient not to eat potatoes, and when the doctor heard of it he made some fun, but our little patient recovered and we had some practice on the road after that time.

The next thing which we strenuously advocate and that is the utter and total abolition of any milk in the diet of the sick patient with fever. (Never allow ice water. Have it cool but not iced to chill the stomach.)

Why should milk not be given.

We say it should not be given because it coagulates in the stomach and is no good as a food and will curdle in the intestines and clog up these intestines so they will not have a good passage of the bowels. This mass I have seen pass from typhoids, weeks after it (the milk) had been taken, and I have seen cases of hemorrhage from this curdling and staying in the bowels.

It renders the bowels clogged and this is sufficient for me to condemn the milk as long as I can do so.

When they will not do as I say, then I leave the case at once. Milk should never be given in any case of rheumatism or any case of fever.

The drink question is immense.

I think if anything has carried the patient out of doors in a box, it is the drink and the food.

So many advise the use of milk as a drink and while they give this milk to drink and see them remaining in the bed sick, yet they never connect the fact of the lingering sickness of the dreadful and poisonous milk.

If we examine the condition of the stomach, we shall find that these insides are yet in a condition where they are not ready to receive food. These apertures in the stomach and intestines are yet filled with old and effete material that should pass off before the patient is allowed food.

We shall come to persons who will make the statement that as soon as the appetite comes back, they should be allowed any thing they care to eat. We have heard it said. It pained us at the time. And, it hurt us still more when there was a relapse and we had to labor over the unfortunate patient.



Oslers' Practice (page 39. article Typhoid) gives a case in point. And this is the way he relates it.

"A young lad in the Montreal General Hospital, in whose case I was much interested, passed through a tolerable sharp attack of typhoid fever. Two weeks after the evening temperature had been normal, and only a day or two before his intended discharge, he ate several mutton chops, and within twenty four hours he was in a state of collapse from perforation. A small transverse rent was found at the bottom of an ulcer which was in the process of healing. It is not easy to say why solid food, particularly meats, should disagree, but in so many instances an indiscretion in diet is followed by a slight fever, the so called *febris carnis*, that it is the best interests of the patient to restrict the diet after the fever has fallen."

*Normal* means natural.

*Febris Carnis* means the fever of meat.

*Perforation* means a hole through the intestines.

We can soon tell this "regular" that it is real easy to say why solid food disagrees. Easy for any student of Protoplasm.

We introduce Fig 44. to show the way the stomach looks on the inside.

Fig. 44.

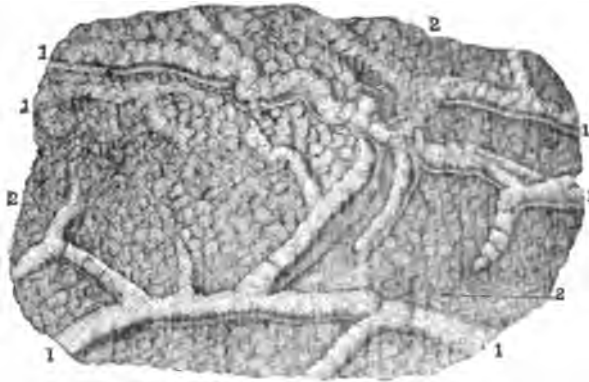


Figure 44 shows the distribution of what are called "rugae" in the stomach as well as the mouths of the gastric follicles.

If physic of any kind is given, we have these mouths shut up and irritated, and we do not have as quick action to the liquids which may go into the Stomach.

Calomel, Iodine, Quinine, Bismuth, Corrosive Sublimate, Carbolic Acid and all the remedies which are used, by the old school, are destructive to the inside part of the stomach. When you allow the doctor to give a dose of medicine, you allow him to injure the body of the one you desire to get well. No matter what the doctors' creed is in your church, he will lie to you about the the action of his medicines.

When all these apertures have been closed up on account of the filth that has been in them and in this stomach, we have not had much of any dilation and while the glands have been dried up and all the bowels have been shrunk, this stomach and set of intestines cannot dilate and contract sufficiently to take care of this meat or any of the solid food until they get their full supply of water and moisture in them and become elastic enough to take care of these solids.

Second:- Because the blood corpuscles are busy with some thing else to do than to take care of solid food. If they are allowed to repair all the broken connections in the body, after awhile this will be all right also. These blood corpuscles cannot do more than they can.

And this is also the reason why a man or woman, after having any sort of a fever should sleep alone, with all that this implies, for two months after complete recovery. Because blood corpuscles are busy about other things than to take care of solid food, or to supply a waste from the body.

What would be good food five to seven days after the fever has been passed, will hurt and may kill a person who has just gotten over the fever. No one will starve on baked apples and the juice of oranges for a few days.

Third:—While the corpuscles have been without sufficient water to carry to the intestines, these intestines are dried up. When they are dried up they are shrunk. And being dry and shrunk, the solid food goes into them, without sufficient moisture to make these intestines elastic, then the suddenness of the solid food stretches these intestines open quickly and they crack and presto, there is small transverse rent at the base of an ulcer which was healing. This is easy to see by the light of the law of Protoplasm, even if it is hard to see by the light of "Regular" calomel science.

If the people would wake up to the gross ignorance of these regular doctors, we would have fewer deaths in typhoid fever as well in every other disease on the earth.

This regular Osler was "much interested" in this young lad but this interest did not keep the patient from going to the great beyond.

When the Osler cut him open, he could tell just what killed him, but as he was a regular and did not have any thoughts of his own, "it was not easy to see why" etc., etc. May the Lord deliver us from having any regular ever interested in us.

Finally:—In all cases which have been treated by a "regular" or

by an idiotic homeopathist, we find the bowels weakened by their poison, drying up drugs. Drugs like Bismuth and Mercurius Vivus which irritate and poison the intestines. All this easy. Perforation of the bowels often occurs in the regular practice but I have never seen a case under the student of Protoplasm.

A patient who had just gotten over a very severe attack of fever had a good appetite and was sitting up. He was allowed a slice of fresh made brown bread. It was so good that he wanted another slice. And it was given him. He was taken with pains in the bowels that night and was unconscious until his death the next day. If bread is allowed, it should be toasted dry. But the less bread there is given, the sooner the patient will get well completely.

Now, we know well enough that these simple articles will not produce such a profound effect without some adequate cause. And the cause is this:—As soon as the regular gets a chance at a case of fever, he has some routine that he goes through. Some give iodine and some give lead. Some give one thing and some another. But, he cannot give remedies that are not poison. Hence in every case, the person who has been treated by a set of regular physicians, are already poisoned in the intestines and, with this knowledge we do not have to be surprised at any thing that happens. This case that died from eating two slices of bread came from an allopathic hospital, where he had been given up. We took him and had him on the way to recovery, when he took this sticky stuff into his intestines and most likely the fermentation caused his death.

One of the main remedies in typhoid has been Iodine and this is one reason why the intestines are softened.

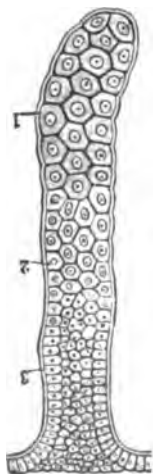


Fig. 45.

This exhibits a gland as found in the intestinal canal magnified.

Water will clean this little gland and have it in good condition. And then the intestines will be elastic. If the reader observes that ulcers form in these glands, we assert these ulcers form *Because* these glands are dry and filled with filth from vile water, impure air, destructive odors, we shall have an effectual and abundant reason *Why* solid food should not be taken by the patient who had a "Run of Fever."

In regard to medicines, the word of an allopathic doctor is not to be taken under any circumstances. Either he knows and lies. Or, he does not know and makes false statements. Any way, the word of a regular, should never be taken as to any action of his medicines. It is charitable to think they do not know.

We are sure that all kinds of cereal foods, wheatlets, oatmeal and all kinds of prepared foods should be kept from the stomach and intestines of the patient who is just recovering from fever. We have seen much constipation come from these foods and we are sure that they will be best to be avoided. For many years, I gave toast and baked apple as my regular food after every case of typhoid fever. But, discarding the bread, I feel the patients have done better on fruit alone than with the toasted bread. And toast is the best form to have it eaten. Toast is constipating.

And, there are hundreds, we might say thousands of persons who think that food makes strength and that something must be given "to nourish him" and "keep his strength up." How we dislike to hear these expressions.

Food does not make strength. It is the power of the blood corpuscles to assimilate this food and then, with assimilated food, this strength will come, when the blood corpuscles can take up the juices of the food. During a case of fever, the blood corpuscles are much too busy to do anything towards taking in new material to the body. Cleaning the body is the duty they are doing and they must not be stopped from this duty of cleansing out the entire body, before they can take in the food and make strength and in a case of fever, food is weakness unless it goes into the body in a liquid form. Water and liquids are the only articles that can be of use while the body is in this fevered condition.

The common mind will not understand but that, if the food is only passed into the stomach, the body will have strength. People have been taught that "food makes strength." This has been taught to you.

This will not be so in any case of fever.

We have seen it tried and have seen the patient with this fever, breathe his last. It our innocence we think that death was caused by our stupid ignorance.

The case was this:—A young man sixteen years of age had the fever.

He was apparently doing well and his appetite returned a little.

He wanted a piece of salt mackerel and a potato. As we had never heard any thing about diet in those days, we allowed this food. It looked good and tasted good. He did not show any signs

of being worse for two or three days. But one night he turned over and said some words about having "enough." He died as easy as if there never was any thing like death. Our heart was young and tender at that age and we did not know anything more about fever when that man died, than a scientific allopathic doctor. Which is nothing..

We had one advantage over the allopath. The allopath thinks he knows something and he believes in the wrong thing. His knowledge is no good. We knew we did not know anything and we were on the hunt after knowledge. - This was our advantage over the allopath. It is a blessing thing to be hungry after knowledge.

We have seen a father try to feed his children in the fever and we saw him turn the food down the throat while the child could not take it and we saw two of his children dead from this surptitious feeding while we were absent and contrary to our orders.

But he was a very smart man.

He had the idea that "food makes strength" and when he acted on that belief he buried both of his children.

Food cannot make strength. It is the blood corpuscles that assimilate the food, who make the strength. While this food is placed in the stomach and passes down into the intestines, it has to be assimilated or passed through many processes. The intestines are not ready to take this food into the stomach, while the fever is raging and the intestines cannot care for food, as they have all they can do at this time in taking care of the turmoil in these intestines and in passing off the materials which are coming into them from all parts of the system.

We tell you that these intestines while the fever is on, are trying to take care of the cleansing process which is going on in the great length of the intestinal tract.

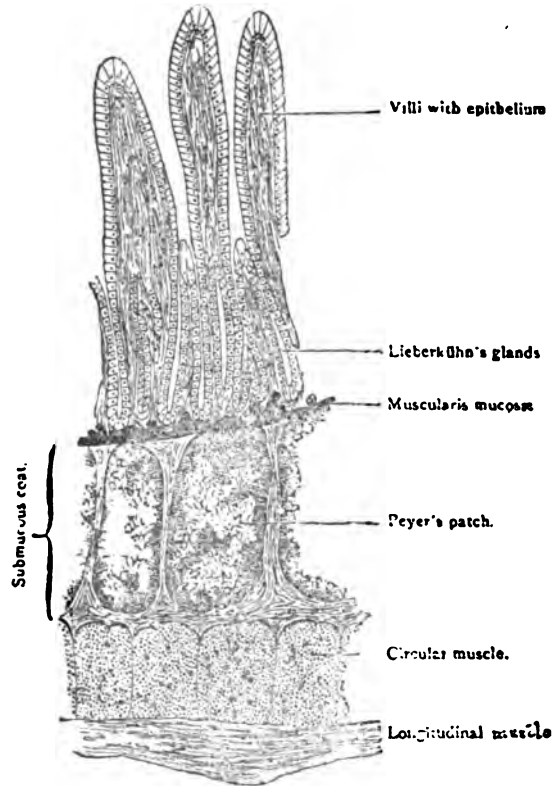
Make yourself acquainted with the inner parts of these intestines and you will find that, in all fever cases there is an effort to have this old material out from them.

While this effort is taking place if you place food in the intestines you will derange the actions of the intestines and when you derange the action of the intestines, you prevent these intestines and these little glands from becoming as clean as they would have been, if you had not placed any food in them.

The food stops the action of these little glands and you have the glands all stopped up and clogged when the food is in the stomach and in the intestines.

By allowing these intestines to have a rest, there would come a

Fig. 46.



Longitudinal section of the small intestine of a dog, through a Peyer's patch

Longitudinal section through a Peyer's patch of the small intestines of a dog.

We introduce this cut to show that the general scheme of the intestines are alike in all animals. Even the dog has these same arrangements in the intestines that the man does. The same kinds of glands in the intestines.

But the dog has an advantage over the man.

When any thing is the matter with the dog, he crawls away under the hay stack and sleeps it off. Unfortunate human being in the power of the pagan doctor has to take a dose of physic.

A through of calomel being the "regular" thing prescribed by the Harvard, Yale, Bellevue and Rush graduates. And the dog is best off.

He gets a chance to let his intestines get cleaned by his Vital Force while the foolish graduate from these pagan and ignorant colleges do not believe in a V. F. and he gives a dose of Mercury and Salt because a man gave it in Fifteen hundred when every one

gradual cleansing by the work and endeavors of the intestines themselves. The vital force would clean them out.

We tell you the natural effort of the intestines is to clean themselves, and when they do this, the appetite will return gradually and when it comes of itself, it will be a good appetite and will remain with the patient, if the food is not too thick and too rich for the peristaltic motion to pass it down through the intestines.

If nature is left to herself there will be a chance to rally in the case. But if these intestines are thwarted in the case and these glands are filled full and hindered in their work of cleansing, you can be sure there will not be any action only to get rid of the fresh burden which you thoughtlessly place on these little glands.

This the fact;—that every particle of food placed in the stomach, before the Vital Force calls for that food, is, and becomes an additional burden to the Vital Force to get rid of, and to carry off out of the system before it can get rid of the other burdens of filth and debris, old and effete material which was the provoking cause of the Fever in the first place.

This is so very important that we repeat it again to every caretaker of the sick one; do not place food in the stomach, until the Vital Force is ready for the food, and then, you will know it by the returning appetite. When Nature calls for food, you can give such articles as will not become a burden to the stomach and to the Vital Force.

Lastly we tell you and it stands with any reasonably matter, that if these glands are weak and filled with old material that if food goes into these intestines and interferes with the actions of these minute glands, while they are casting off their loads of old material we shall not have as cleanly a set of intestines as if we allowed these glands to cleanse themselves. Water and fluid assists in cleansing the intestines, while food will clog up the intestines. We think the soreness and the tenderness of the bowels is because these glands are so full and crowded with old and stuffy material.

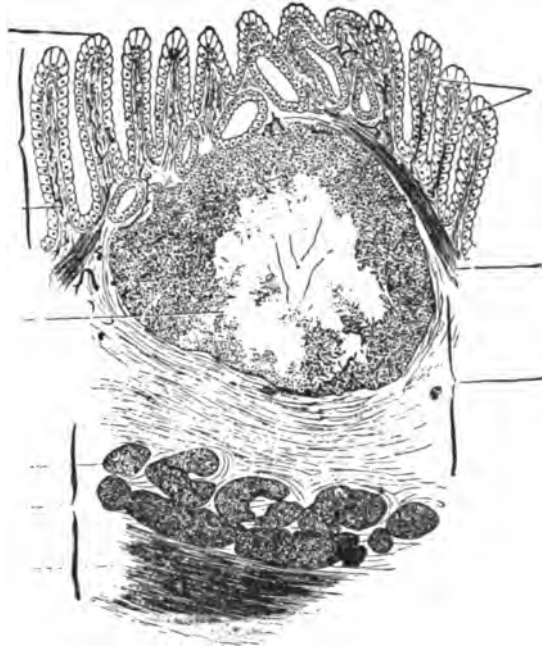
If food is placed in these intestines and prevents the action of these little glands, we can see that the consequence would be a  

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had the syphilis. If ever any fetiché worship was worse than the calomel giving of to-day, we would like to have some one write us a letter.

No dog has a "run of fever." And very few men would ever have any run of fever if they would keep the "regular" doctor out of the house and keep from taking any physic to irritate and destroy these finer glands of the bowels.

Fig. 47.



Longitudinal section of the large intestine. From above we see Lieberkuhns' glands and the "solitary glands" underneath. At the bottom we see the longitudinal fibres.

When we use injections to the bowels—no matter what that injection is composed of, we will cleanse off these glands and besides this, we shall cleanse off the material that is on the outside of this intestine, because we give an opportunity to these old materials that are outside this intestine to come out and empty themselves into this intestine

When we cleanse off the inside of the intestines, we really cleanse the blood which will go directly to the brain. Therefore with every injection we may use, we call away the old materials from the brain.

For a long time, the "regulars" lied about the use of these injections to the bowels and we occasionally meet with a fool who is afraid of having an injection used although she would give her child all the stuff the doctor prescribed. Instead of thinking, she believes. Believes in what? In a set of doctors whose shibboleth is, that the common people have no rights that any doctor is bound to respect.

Here is another strange fact. You keep hearing of such and such a wealthy man dying in the prime of his life. What makes him die? Because, being rich enough to have the "best doctor," such and such a one being the best, this rich man takes medicine and believes what his dear doctor is telling him. If this rich man would take some three minutes a day and clean off his little insides with an injection he would be able to think and keep his doctor from sending him out of the world with his physic.



clogging of these glands. The lacteals could never take up food when they are clogged full.

It is also easy to see that if we can have these intestines as clean as possible by the means of the soft and pure water which we have advised, we shall soon have a cleansed intestine.

The effete material will be carried off and we shall have an appetite for food as soon as these glands can get out from their load of filth sent to them from the blood corpuscles.

We have taken great pains to place this point before you because many ignorant people as well as doctors, the allopaths advise "feeding fevers;" and because all persons who do not know anything about the action of the human body think that food makes "strength."

Do not believe either of them, for both are false ideas.

Fever is the effort of a Force which is in the body and is not an animal nor a bug or germ as they think and teach.

Food can never make strength any more than water can become steam without a fire. It is the act of the blood corpuscles, that gives strength.

If you have followed our idea in regard to fever, you know that while this fever is raging, there cannot be any action so important to these blood corpuscles as the cleaning of those corpuscles.

They cannot digest food while the condition is such that they are trying to clean themselves from there loads of impurities. By a moment's consideration you will see that these blood corpuscles are not fitted to take on any more of a burden while they they are making this supreme effort to throw off their filth with which they have been loaded during the past months.

Another point which may be repeated at this place is, that while these blood corpuscles are throwing out their filth into the intestines there is no chance of having the food become clean juice ready to pass into the general circulation. But if this food should pass while the intestines are clogged, we should find that it would pass mixed up with filth which the blood corpuscles had thrown out in the intestines and if we could think still farther, than we do not see why we should not decide that one of the reasons of the delirium and wandering in the head during the progress of fever, is because food is placed in the stomach and the intestines which is not cleanly, digested and is mixed with the refuse and parts of these irritated glands and in this condition this food or the juice of it, is passed into the general circulation and passes into the head as blood.

It is filthy and we see the result of this over-feeding in the dizziness and in the delirium which follows.

The choicest viands are no good in fever, until these glands are cleansed.

There need not be any fear of starvation. There will be less loss of weight to the body if it has drink and does not have a bite of strong food while the patient has any fever.

Observe another point.

When the fever is off, then is the time you can assist the fevered patient and then, while there is no fever, is the time when there is an appetite, if there is appetite at any time.

We may end this question of the food by saying : That when the appetite comes we may allow a little coffee, made from parched corn. This can be sweetened and drank slowly or sipped a little at a time, without any milk. Not any milk but only sugar allowed.

Do not drink this too fast.

Coffee made from crusts browned in the oven may be the next thing allowed.

Baked apples, well done. May have sugar on them. And a little powdered cinnamon if it is desired. Powdered cinnamon is agreeable to some persons.

Ripe, sweet oranges. Peaches, if canned in glass. Should be ripe and sweet.

After the second or third day away from the fever, there may be a gruel made from corn meal. This should be cooked for fully one hour. Salt should be placed in this gruel after it is nearly done. And should not be boiled in it.

Ripe water melon allowed very cautiously, if the patient can sit up.

Ripe grapes can be sucked by persons the first day after the fever is over. They can be used every day and life will be sustained on this fruit alone. Do not mix up two kinds of fruit. Use one kind at a time. Seven days after the fever is over the patient can, if desired, have toasted bread and mushes well done. Cooked for an hour. No meats or fish should be allowed under any conditions for ten days to two weeks after one has lost every vestige of the fever.

One meal a day is better than more. Two meals are all that should be allowed and the rest of the time the patient should be satisfied with drinks. Lemonade, sage tea and crust coffee may be alternated.

Do not use any *Italian sage* in any event. Use the home grown

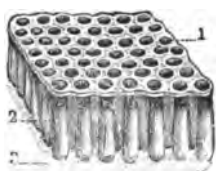
article, or take something else. Mint, Sassafras, nepeta glechoma, (ground ivy,) checkerberry, or spice bitters.

For a person who has only a light attack of fever, or, where one has had the fever suddenly cut short, as one can always have done if properly treated, then these conservative directions are not so much needed, and on the second or third day, they might have a piece of toast with some sauce.

But, for those who have had a severe run of the fever, or, where they have been lingering along, they should have all the time possible to get the intestines in good order before they again commence with meats and fish.

This is also the case with lingering cases of chronic disease of any kinds. Take what time is needed to have the whole body cleansed before taking in solid articles of food.

Fig. 48.



Section of the Mucous membrane of the Colon. 1. Free surface exhibiting the orifices of the colic glands, 2, 3, mucosa moderately magnified.

If you will take a piece of cloth and make a tube with this cloth, then put a pin through this cloth and examine the hole which this pin has made, you will have an idea of the passage ways which pass from the inside of this intestine to the outside. It is the clogging of these holes which render the injection to the bowels so much needed.

One of the practical thoughts that should be in every one's mind about all cases of fever, is, that if we can change or assist the body to throw off its burden of filth, we will soon have the body better.

Injections which cleanse the rectum and the colon, will be of the utmost advantage to the patient. We do not alone take out what is inside of the colon but we absolutely give the old stuff on the outside of the intestine a chance to come through the walls of the intestines and thus we purify the entire volume of blood in all the body. We equalize the circulation.

Fig. 48 gives an excellent idea of the importance of this injection to the bowels. If you do not forget this important auxiliary in cleansing the bowels, you will do well with your case from the start.

#### THE SEVENTH STEP.

In many cases of typhoid, we may find that we do not need to use all of these steps. In one case, we may have to use the first three steps and we may then decide to use this seventh step and, in many cases the fever will be gone. Nothing but a little care needed to be used afterwards.

Good nursing and every avenue of the body opened up, with proper attention to the food and fever, the case, as typhoid fever, will be changed. We have seen many such cases and had them all right and not hardly necessary to keep the bed.

Some times, when we have broken up a case of typhoid, the parents did not believe we had a case of typhoid and would allow it any thing whatever to eat and a relapse came. Then they would call in some other physician and have a good "run" of fever.

Such an instance occurred with a principal of a school in Ohio.

His little boy of four had a case of typhoid. It was broken up and the child was out of doors to play. I cautioned the mother about feeding the child, telling her, that for some days it should not have any solid food. But, with the fondness of the mother and the pertinacity of the spoiled child, the father a very ignorant disciple of the "regular" school, it was not possible to prevent the child from having any thing on the table.

The child kept gaining in spite of the many errors in diet.

I was forced to leave the case with another physician and when I left, the child was really all right, only weak from eating too much and too solid food.

As soon as I left, the father of the child went to an old school doctor and had him call. The "regular," decided that there had not been any typhoid fever in the case and all it wanted was some thing to "clean it out." He gave calomel. The father meeting the physician I had left it with, said—"oh, I called Doctor—and he said he did not think there has been any typhoid and he left some calomel and as soon as the child is cleaned out, it will be all right."

About four P. M. the calomel "acted." The child was in pain. Mr. "regular" thought there was something about the child that he did not understand. He called counsel and was all night in trying to get it easy.

Before two physicians, one a "regular" the other a homeopath had worked all night over the child, they both came to the conclusion that the child had the "typhoid fever." And a very bad case it was.

But it was rather late to find it out, after they had given the "through of calomel." With the greatest agony in its little bowels the child screamed and cried all night, until its throat was too husky to make a sound. Next morning the father telegraphed to a neighboring state to have his old home physician come at once.

Old physician gone hunting. Called in some others and after two weeks of a heavy "run of fever" the child died.

As long as the V. F. had the channels of the body open, to carry off obstructions, it did not make *a universal effort* and the fever was not shown to any great extent. Temperature not high. When the regular irritated the intestines with Calomel, the V. F. cried out and made the effort, fever. Temperature rose high. The school teacher was probably satisfied after he had four other physicians and lost his child.

Probably, the best way to use the seventh step in typhoid, is to give of the Fever compound until the patient is nauseated at the stomach and then commence and give a thorough emetic. One must have their mind right and unless they have seen an emetic given, it may seem very dark to them at first. After they have once seen this step there will never be any uncertainty in regard to quickly eliminating all the effete elements from the system. We have given, in this article on changing conditions all the steps needed in giving this final step if it comes to be needed, a step which will cleanse all the system quicker and safer than by any other method in the world.

If the steps which we have described have not given quick relief then the emetic is the very step. And with these we leave any case of fever, being assured that if one has a knowledge of these steps or methods of cleansing the body, they have every thing that is of the most practical value known to man.

### RECAPITULATION OF TYPHOID.

*Typhoid fever is an effort, made by the vital force for the purpose of overcoming and throwing out of, and from the system some obstructions that are in the body.*

*Treatment. Cleanse every avenue of the body. Give agents that are not poisonous and rely as much as possible on water. This will soften, assist in cleansing the corpuscles and will bring the patient out quicker than by other means.*

*Give no solid food until the seventh day after the fever is gone.*

*Liquid food and ripe fruit for the first seven days after the fever is gone.*

*Pure and changed air with soft water are the two main things as remedies. Give the corpuscles an abundance of water and if there is any chance, your patient will get well.*

*Do not give any physic under any circumstances in any stage of fever. Rely on injections to the bowels and an abundance of soft water to drink.*

**TYPHUS FEVER.**

This fever has been known as "Hospital Fever. Jail Fever, Camp fever, Spotted fever and ship fever."

It has many of the same symptoms as typhoid except that it is much more dangerous and only "runs" about two weeks. At the end of that time the fever has run out. So has the patient usually

The Allopathic doctor books go on to tell us what kind of an infectious disease this is and then pass on to the rest of the usual song about the germ that causes it.

All the regulars are erroneous in stating the causes.

This fever is caused solely by (the lack of pure air being the provoking cause) the Vital Force.

When the air becomes highly carbonized or carbonated to prevent the blood corpuscles from having enough of oxygen to change the corpuscles from blue to red, no matter where it is, we are liable to have a "jail fever." Or typhus fever.

It comes in jails because of impure air. Comes on ship board because they used to keep sailors under the decks in a squalid place called the forecabin. And they formerly kept the steerage passengers in these low unventilated places and thousands of them died while crossing the ocean.

In the days when they used to bring slaves over from Africa, they placed the slaves under the deck and some times battened down the hatches, and then they would have this fever.

The effluvia from a person who has this fever will go into the nostrils there kill the corpuscles and so it is a disease the effects of which can be carried anywhere and any time.

**TREATMENT.** Have pure air at first, second and all the time.

Treatment same as typhoid only more vigorous. And bathing as often as the patient gets warm. Change all bedclothes every twelve hours.

Have all windows open and in twenty-four hours its type can be changed into a milder form. Cleanliness is the great thing and treatment need not vary from the steps in typhoid.

No food whatever in typhus fever. The stomach cannot bear it and if any food is given one can be sure that the case will die.

Bathe and give water or lemonade. Distilled water is imperative, if the cistern is not absolutely clean.

Do not give food after bathing nor just before. Do not give food. Give drink until the coat is all off the tongue and the passages are natural.

When this occurs, treat same as typhoid fever which see.

If a very thorough emetic can be administered upon its first appearance, typhus fever can be cut short. If the case has progressed long enough to have sordes on the teeth, black tongue and a very dark, dry, husky appearance of the skin, pack the bowels persistently; Give copious injections; lemonade freely and the compound until there is a perspiration. It can be changed if air, water and surroundings are correct.

# PHRENITIS

or, Inflammation of the Brain.

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*Called also Encephalitis; Arachnitis; Meningitis, also called Brain Fever. A special effort made by the Vital Force to send out or eliminate some effete or offending materials that are irritating the brain atoms.*

*Symptoms. Stupor; Dizziness; faintness and some times nausea; flushed face with many times, blood shot eyes; intense headache; nervousness that cannot bear to hear any noise, not even to have the door opened; cold feet and a hot head. Circulation very much disturbed; temperature high; fever always present; constipated; no appetite; cannot bear the light; twitching of the muscles.*

*Causes:* While in many causes there may have been blows, or falls, or some injury to the head, yet in almost every case, there will be the same causes that have produced the condition known as typhoid fever.

From what we have said heretofore in regard to all fevers, the reader will now be prepared to see that the same effort is made by V. F. that was made earlier to get rid of material outside of the brain. At first sight it would seem that the brain itself is affected.

And to a certain extent this may be true, but the etiology of brain fever may be well explained when we understand that before the effete material will come into the brain, the liver must be fully engorged (as it always is in all cases of typhoid) and allows the material to pass on its way to the heart, instead of arresting it as it would have done, if there had been a perfectly healthy state of the liver.

In other words no attack of brain fever can ever be present until the liver is incapable of arresting the effete material which should be stopped in it. There must have been a cause.

When this effete material has passed on to the heart and then been sent to the lungs and then back to the heart, and then has been sent to the brain, we can see why the brain is affected.

Nearly every case of brain fever is a case of excessive bilious fever and the same explanation may be given for all cases of mental hallucinations other than the vagaries from the presence of alcohol, cocain, or opium.

Brain fever is looked upon by the authorities as if it were a disease of the brain itself, but this is not the fact. It is the old and

worn out material that irritates the brain and not the fever any more than in other cases of fever.

Or, in other words, the brain itself is not any more affected than in typhoid fever. But the effete material irritates the brain more at such times and perhaps from congestion in the brain until the person is delirious and he says they have brain fever. Inflammation of the brain.

As a term, "brain fever" is not used by the physicians as it was many years since. Now, they use the words "Meningitis," or Inflammation of the brain and in all these cases they have a different treatment for the same condition that is in the body when we have typhoid fever.

We think this is always the case, unless there is some injury to the head, as from a blow, or from some history of injury to the head. In all other cases, the causes which produced inflammation of the brain, are the same causes which will produce typhoid fever. It is the same effort of the force to cleanse the body from foreign materials. Only in this case, we have the brain apparently more affected, while in typhoid, we see the effect mostly on the bowels, and other parts of the system, until we have had typhoid for some days, when we may see this set of brain symptoms coming on. Delirium and stupor, etc.

The treatment is the same as in typhoid.

Pack over the liver is the one remedy which can always be relied upon. Injections to the bowels should be used three or four times a day. The treatment, food, and general care advised in typhoid fever is also to be relied upon in all cases of affections of the brain.

Place the head of the bed to the north. This is a very small point but we are sure that this is of the greatest importance. What has been said about air and water should have particular attention in all diseases of the brain.

What is called inflammation of the brain is in reality the same condition in what is known as typhoid fever and should be treated in the same manner.

Doctors give them sometimes the name of phrenitis and treat it as if it were a disease of the part itself. This is an error, which you can soon see by the same treatment, the same steps, etc., which we have given you in typhoid, giving you quick success.

In case of nose bleeding, an injection of boneset with equal parts of Virginia snake root, two ounces of each put in four quarts of warm water an hour and having the patient repeat it until it is all taken in, will relieve this. After the injection is given, the wet



sheet pack is to be applied. In the course of three or four hours the delirium may subside and the patient may talk coherently.

Pains in the stomach are frequent in inflammation of the brain, phrenitis or brain fever.

If the patient is rational enough to be seated in a bath tub, it is well to allow him to be seated either in a bath tub or a tub of cold water where the hips, thighs, and lower part of the abdomen can be covered with cold water. When there is tremor of the joints or trembling, and grinding of the teeth, the case may be said to be serious. In these cases if the patient has not had any heavy dose of physic and has not been under any treatment from the regular, an emetic may be at once given with the greatest success and should be repeated every day as long as there is any flightiness in the head. Deafness not infrequently follows this fever or inflammation of the brain, and may be relieved by a diet of fruits and gentle stimulations to the stomach as soon as the attack has passed over.

Deafness, we will explain, is usually a sequel of the allopathy doctor's quinine and bismuth.

We hope our readers will not have to fight the disease and the doctor's medicine as well.

If the reader will consider for a moment, that Nature is making an effort to be rid of something and this something is affecting the brain; and, that while there are many symptoms that are different in a way from what we saw in typhoid, but, in all these symptoms, we see the same effort being made by the Force to rid the body from effete or extraneous materials that are in the body, then we shall have a clearer idea about this condition, than if we are to split up hairs in defining the meanings of these names which the doctors have given to this condition.

Let us repeat this and the parent will soon get the idea that, no matter how many and varied the names are for all these conditions or as they term them diseases, we will have the same foreign particles to be gotten rid of and the same effort of the Body, the Vital Force being made to be rid of these foreign elements in the body. And thus we have this condition that is called by these various names when we really have the same old conditions only shown by a new set of efforts made by the Vital Force in a new direction.

One of the conditions that we think is always present, is the obstinately constipated condition of the bowels. And again, we may decide, from the skin and from other symptoms, that we have the insides of these intestines filled with particles of hardened feces,

the watery parts of which have been absorbed and gone to the general circulation and are now irritating the brain atoms.

Although we may not always have the intensely fetid and putrefactive breath that we had in typhus, we shall have the dried up condition of the tongue and a peculiar condition of the mouth and fauces, which are seen in typhoid. We shall see the husky, dry condition of the skin and many other facts around these brain troubles that will give us the real causes of the effort being made by the Vital Force to cleanse the body from its obstructions.

If we do not lose sight of these symptoms, we shall soon be able to relieve these conditions of the patient without recourse to the erroneous ideas of the doctors.

Some of the doctors, real up-to-date doctors, do not use the term "brain fever" any more, but they use the term "cerebro-spinal meningitis," which they call an acute specific disorder and say it is of sudden onset, rapid course, and very fatal, that severe pains in the head and along the spinal column, delirium, spasms, stupor, and sometimes motor paralysis accompany this "disease."

All kinds of symptoms are given and many names, among which are as follows:—Typhoid meningitis and Malignant meningitis, Spotted Fever, because sometimes there are spots came over the body, and Petechial Fever, which means that there are spots or discolorations of the skin, and other ones call it "Malignant Purpuric Fever," and others yet call it "*febris nigra*," which means that the fever is black, and it is called an epidemic, because many people seem to be attacked with it one after another.

We should place this disease under the head of brain fever because, in our estimation, the old nomenclature, which characterized this as typhoid-brain affection, fifty or sixty years ago, is the same disease. In this series of diseases which we have classed under various heads and mentioned under the title of typhoid, we desire our readers to take particular observation.

And that is, that for all these cases, no matter what name they go by, the original of this condition lies in obstructions, either in the bowels, and is from water, air, odors, or from habits, which we will call to mind later on, in which the corpuscles of the blood have been filled and are dead in the blood stream, as we explained in lung fever; so in this disease or series of disease we have the brain atoms irritated by the presence of these worn out or effete materials, or from these materials which are antagonistic to the brain atoms and in either or any case, we have a series of obstructions which irritate the brain atoms. And it will be seen that in all fevers the Vital Force makes the effort according to the

Force of the body where the antagonistic elements are deposited.

If this is once seen through, then there will be no difficulty in diagnosing any case of fever, which may come up before the reader.

As this condition of fever has been considered very fatal, we place it before all others.

Wherever we have delirium and a fever, quick, rapid pulse, or temperature above normal, where the head is affected, we may at once diagnose the case as an irritation of the brain from obstructions, but the effort is from the same cause as typhoid, and all and every case of fever on the globe is from the same cause.

To bring this treatment into as few words as possible, we might say "remove the obstructions, cleanse the body, and above all things equalize the circulation. Should there be the symptoms of meningitis, see the remedies in that particular connection. Should the fever be high, give the fever powder, always alternated with stimulations of a mild astringent. This astringent may be *Lycopus* or it may be *Sculleap*. There is not much astringency in either one of these, but they have a very beneficial effect on the arteries. Stimulants are needed at all times; although if you can produce emesis, we shall have much milder symptoms next day.

Do not attempt an emetic until the patient is warm all over and observe the cautions which are placed in case of typhoid. In each, and every case, remember to have your case successful, you need to aid the V. F. and get rid of the worn out material that is in the body, you have first, to unlock the liver and cleanse the liver. Should there be anything like croup or rattling in the throat, give the remedies for membranous croup.

In any case, remember that when you give opiates in any event of brain fever, you do not benefit the patient a particle, but you leave locked the worn out materials that are in the system. And the next day after the opiate, the child or adult who has this brain trouble, will be worse. Therefore, we say, shun every kind of opiate, sulfonal, and all narcotics of every kinds, and all remedies, which you do not know every ingredient of. And on no account allow your self to use poisons.

If you are in doubt about the diagnosis of typhoid or brain, treat it as typhoid with more stimulations and a pack over the liver. And after the pack has warmed the patient up, then give the emetic.

Do not give any emetic while the patient is cold.

The reader will find advised in many of the so-called doctor books, a cathartic or a physic. This will be found in John King's

Family Physician, page 83. We can assure our readers that we have passed through this by-way a number of times, and we tell you not to give physic under any consideration. The more that you irritate the intestines, they become shrunk and you are worse off than you were before. Any book that advises living physic in any of these conditions is erroneous as to actual, correct and successful treatment.

Use injections very freely and if necessary make them warm and stimulating, until you have free motions of the bowels and repeat your injections every six hours, but under no consideration, give physic.

This practice of giving physic has carried many a child and person out of the world because the doctors did not know the results of their own medicine.

"The Practical Home Physician" published in Chicago in 1886, which we have already quoted elsewhere, page 291, advises salts, citrate of magnesia, or half drop doses of croton oil. And then wants the "head shaved and powdered ice applied to the scalp, inclosed in a bladder or in an India rubber bag." We tell you, do not do any such thing on the peril of having a fatal case.

Put your cold wet pack around the liver and give an injection to the bowels no matter what the age of the patient is. Get warm teas in the bowels, and do not shave the head, although if the hair is very thick, it may be cut off as in the condition of typhoid, and you will not have to use mustard plasters on the feet and calves to get a circulation there.

We might go on and quote you more foolishness from the doctors' books but we think we have said enough to you, so that in any case that may be diagnosed as brain fever or inflammation of the brain, "phrenitis", or any of these conditions, which are caused by the effete material irritating the brain atom and showing you that the true intelligence of the brain has no control of it, we tell you, that in any of these cases, do not use physic or drastic measures that may be advised by the doctors or nurses—we tell you that in any of these cases, do not follow their advice, if you want to save the child or the patient.

Give injections and put the pack around the bowels, wash the bowels with cold water and up and down the spine with the hands on each side. Keep the room cool, just as you would treat all severe cases of typhoid, and you will see the consciousness returning day after day. The advice to give physic and cathartic, which is laid down in the doctors' books, is entirely antagonistic to the

correct treatment, which we assure you we have proven in our practice.

The reader may say when the doctors disagree, "Who shall decide?" We tell you that if you do not understand enough to keep physic out of your patient's bowels, you may rest assured that you will have a case that will be very hard to manage, whereas if you will follow the ideas which we have laid down in typhoid fever, you can treat any of these conditions of the brain, no matter whether they call it inflammation of the brain, or brain fever, or phrenitis, or anything else, you will be successful in your treatment.

### INFANTILE FEVERS.

*SYMPTOMS:—Hot skin, flushed face, crying, usually constipated nervous, fretful, possibly blood shot eyes, with languor or weakness sometimes excessively sleepy.*

From what has been placed before the reader, there should be a clear idea of what Fever really is—an effort of Nature or the Vital Force to overcome and send out some thing that is obstructing the system at some point. And, we may have every reason to believe that this effort—or—this fever—will continue until the obstruction is overcome and sent out of the body.

Fever—being an effort of the Life Power—will not "wear itself out." Because we find that it will remain until the obstruction is removed.

In every case of "Infantile Fever" or in the cases where a sudden fever from any cause appears in the infant and from there up to adult age. we will have some cause—some obstruction—that must or should be removed and will be removed, before the patient is free from fever, provided that nothing is done for it.

The Allopath gives physic, quinine, and when he has given enough of these remedies he gives his Opiates or his Sulfonal or some of the poisonous agents which he places under the heading of "Anti-Febrine," etc., etc.

Or "Febrifuges."

He tries to overcome the Fever (effort of Nature) by killing some thing in the body. What does he kill ?

He kills corpuscles and when he has killed enough, then he is happy because he has reduced the fever. Not that he has cleansed the body, or done any real good for the infant or the adult, but having made the effort of Nature less, he thinks he has accomplished something. He has.

What he has accomplished is the killing of many hundreds or

thousands of corpuscles in the body. And Nature or the Vital Force cannot make any more effort or struggle, and the Allopath says, "If the infant has strength, maybe he will pull through." This is allopathic philosophy.

The Homoepath, descended from Hahnemann gives his minute doses of poisons, principally Aconite and Belladonna, although he may alternate the doses with Nux and Arsenic. As fast as his doses can go down every hour or every half hour, this homeopath (in name, but, in fact this Bloodkiller,) gives his poisons in small doses and when he has killed enough of these blood corpuscles so that there are not enough to make any effort, this Blood Killer, says:-"aha-I have reduced the Fever".) And so he has, because he has driven off the Vital Force from myriads of Corpuscles and there are not enough to make any effort to overcome the obstructions.

When we have any form of simple fever, we should at once see if we can locate where the obstruction is. We may be sure there is some obstruction in some place and if we can locate this obstruction, we can soon aid the Vital Force in sending this obstruction from the system.

By thinking of what has passed and remembering how your child has been and what has occurred and what symptoms there are now before you, can in a great majority of cases tell much better what is the matter with the child than any doctor can, who is called in from the outside.

You should be acquainted with the body of that child and can tell what is the matter with the child. What is the matter with its body and what has brought about the obstructions, which are the provoking causes of this condition that is called fever. And, in all children are generally termed "infantile fevers" until it "developes" when they will name it after the same names that the grown persons have.

If, in the cases we may have, we will investigate the provoking cause of the fever and take away that which is irritating to the V. F. of the child and cleanse its body and we will not have any more effort of nature to overcome any thing and the fever will be gone. No necessity for any more fever. No effort without a provoking cause.

At the outset, by attention to the case, we can gather an idea of where the provoking cause of the fever may be located.

If there is pain in the bowels, we may conclude that it is the intestines.

Pain in the head, with flushed face, will indicate that the obstruction may be along the liver. Or in the stomach.

Pains all over the body, indicate the liver being obstructed. Or, a general cold, where the dead corpuscles may be from cold we have a general death of corpuscles.

Should the breathing be short and oppressed, we may be sure there are obstructions in the cells of the lungs. Or, in some parts of the breathing apparatus.

Cold feet and cold hands, indicate an obstruction of the circulation in the bowels. With reddish urine, we may suspect too little fluid in the system and some obstruction of the intestines.

If the skin is yellow and the whites of the eyes are blood-shot, we can feel sure that the liver is clogged. Or, that the gall duct may be from some cause, clogged.

In any or all of these cases, we can at once go to work to assist the body to get rid of the load it has.

Every case of intestinal obstruction and every case where the liver is clogged, we have a first remedy at our hand. The injection to the bowels. Make three quarts of catnip tea by placing two ounces of catnip in three quarts of boiling water and after it has steeped ten minutes, strain clearly and give as an injection to the bowels. Give a little, according to the age of the child, and then let this come away and give some more, until the bowels have been well relieved.

Many mothers do not think they can give this injection to the baby, because they have never given it, and, perhaps the child may scream.

An injection may irritate the child, more especially if it has had its own way always and is antagonistic to its mother any way, but there cannot be any danger in this injection and in many cases, this injection will rid the child of all its feverish symptoms. Repeat this cleansing injection to the bowels until there are free motions from the bowels. Soft motions if the child is very young. This injection, if there is not a rapid improvement, may be repeated every four hours.

If the skin is hot and dry and feverish, after this injection has been used, give a bathing all over the body and change all of its clothes for a clean night dress.

Should there be tightness of the lungs, make an infusion of Peppermint herb and by placing one heaping teaspoonful in a cup and filling with boiling water. Steep twenty minutes. As a general rule, all herb teas are made in the same manner.

One teaspoonful heaping, to a coffee cup. Fill with boiling water, Soft water is best. But, if not soft, then have it boil a moment before pouring it on the herb. Cover the cup and have it

stand; not to boil—twenty minutes and we will have the infusion well made and ready to give.

Boiling any aromatic herbs is not only not necessary, but boiling destroys the strength of the herbs. Especially, those which are aromatic or have a pungent smell to them. As Peppermint, Canada snake root, Sassafrass, Pennyroyal, Composition and all others of a volatile nature. Steep them a few minutes on a warm stove, or, on the back part of the stove and they will be ready for use. Pour boiling water and stir the herbs. Cover and have them stand 10 to 30 minutes.

For a child of two years, a tablespoonful of mint infusion can be given every half hour. If it will drink good, make the tea, after it has been strained, pleasant by diluting it with more warm or cold water and having it sweet, as nearly all children like sweet drinks. It may drink one-fourth or one half a cup full, if made pleasant to the taste.

The difficulty in many of these infusions lies in the desire to do everything at once and these infusions are made too strong. All of them should be diluted if need be, when they are steeped and sweetened and made palatable to the taste of the child.

In any case, do not lie to the child and tell him or her it is good when it is not. Hire the child, if that method suits you, but it is much the best to have the child take it at your command. Which it will do, if it has been brought up properly.

Having given the injection, and finding no relief from its short breathing or its short breath, repeat the dose of the mint tea every half hour.

Should the breathing remain short, a fever tea may be prepared, by mixing Crawley, Pleurisy root, Catnip herb and Lobelia herb, equal parts a fourth of a teaspoonful of each, and with the cup of boiling water make this fever tea infusion. Steep twenty minutes.

Of this, to a child of two years, give a dessert spoonful every half hour, when it is awake, or more if the child is older. For a child of six, two tablespoonfuls may be given once an hour or half as much every hour. If the child can drink let it drink a fourth or half a cupful of sage or mint every hour, between the doses.

Doses can be made according to the growth and age of the child.

If cold hands and feet are present, a dose of composition may be given a tablespoonful or two for the child aged two once in two hours.

Composition may be given at any time and will not interfere with other things. Nothing in this treatment will interfere with any other simple remedy. It is only where there has commenced the



drugging that we may have any hesitancy about giving any amount of these simple teas.

Where there has been drugging, these liquids will set free the drugs that are commonly given by the doctors and we do not know how many of or how large a dose may be set free in the stomach or in the liver to come into the intestines and be absorbed by the child through its intestines.

No danger need to be apprehended from this treatment in any case where we have not had any drugs, opiates, calomel or quinine poured down the child's throat. We can give these teas freely and feel safe that every dose will accomplish some thing for the child.

Giving the fever tea for every half hour, after the injection has been used, will most likely, bring the child into a profuse perspiration.

In which case, we may be assured that all signs of the fever will soon disappear.

When the sweating commences, we may be sure that nature has an outlet and the obstructions will soon be sent to the outside of the body. In these cases where the sweating has commenced, do not wake the child nor disturb it. Let it sleep, as Nature is doing the work.

If the child is uneasy, or moans in its sleep, then wake it and give the Fever tea, or the composition.

Where there is a heavy coating on its tongue, the breath is bad, and there is short breathing, and this has continued for a day or so, we advise the tea of cut elm and cayenne. (Form 27.) Make in smaller doses.

Say, one heaping teaspoonful of cut elm bark; and as much cayenne as may be placed on half a penknife. Put both of these in a pitcher and turn on a pint of boiling water. Steep half an hour. Strain and it need not be sweetened unless very much desired, as it has a kind of sweetness in it.

Dose of this for child of two years may be two teaspoonfuls every hour, with the mint alternated, if the breathing is short. And, if there is Fever, give the teaspoonful of Fever tea every other half hour. Regulate these doses according to the age and growth of the child.

By using these two infusions, you will have the intestines in good condition in about twenty four hours and may confidently expect to see the child improve every hour from the first.

Every day afterwards, do so much as appears to be needed.

Give the injection to bowels every day. Wash soon in the morning as soon as it wakes up and change all clothes. Use cold water

and bathe with the hand. Better to give the injection if there is bloating in the bowels and there is not much sweating. Do this before the cold bath in the morning. If every thing is better, no matter about the injection until bedtime. Or until the fever comes up in the afternoon.

Should the fever continue to the next day, or should there be a foul coated tongue, with offensive breath, we may be sure that we need to assist the body to throw off some of its materials that are deep seated.

In case what we have done has been of benefit, we can have our proof in many symptoms for the better.

A We will see the tongue cleaning off on the edges and slightly on the end of the tongue. While the middle part may be as much coated as ever and really be looser than before and more brown in the centre.

B We shall find the mouth in a more moist condition.

C Under the touch, the skin will be softer and perhaps some moisture.

D Bowels will be softer than yesterday.

E We will find there is more equal distribution of the heat and the feet and hands will not be as cold.

F By noticing and remembering what there was yesterday, we will find the whites of the eyes are in much better condition and much clearer than yesterday morning.

At this point and all the way along, we should not ask the child about any food. Mark this in particular (because with the stupid ideas of the dominant schools of druggers, we have become very much muddled.)—that no food is to be allowed to the child and no milk nor anything to eat under any circumstances until the tongue is cleaned off and the fever is gone. Nothing whatever to eat and not any milk to drink and no candy to suck and nothing whatever to be placed in the stomach, until the fever is gone and the appetite calls for food.

We consider this a very important admonition and one which will be better to heed as long as there is any fever in the body or, as long as there is being any effort made to clean out some thing (obstruction.) from the system.

When the obstruction is cleaned out, we will have the tongue free, the whites of the eyes clear—the skin moist and the appetite will come back in great force in the child of any age. Until this has been accomplished, we should not allow ourselves to be overcome with any folly about giving any food to “keep the strength

up". When we have cleansed the body, we will have the strength kept up.

In a very great majority of cases, we will find these simple remedies, which may be varied according to the nature of the case as it appears to us, will get better and out of doors on the second or third day.

Observe the difference between this and the usual way of the doctors.

When you call in the doctor, you give his medicine. Doctor rushes down a physic. Irritates all the intestines of the child. And you have a sequel to this irritation to the intestines and this sequel is weakness or, a prolonged effort, which the doctor will tell you is fever but, which we assure is the life power of the child in trying to recover from the effects of the doctor's medicines. From the effect of his poisons.

Suppose however that the next morning, with our remedies, the child is not any better. We should then see if we can tell any better where these obstructions may be located. We have accomplished all possible for the first day.

The next morning after we have given these simple remedies, we may prepare to thoroughly cleanse the blood plasma of the entire body, and to accomplish this there is no agent equal to an emetic.

As we have said previously, no other school of medicine knows anything about this, they do not understand the why and wherefore, but if we have given our simple remedies and they have only partially succeeded, we may be sure that there has some transformation taken place in the deeper tissues which we shall not be able to reach until we can reach those deeper tissues by our agents. We must not expect that we can send an agent into the body and have that agent to work. This is absurd. The agent is not going to do any good. If the agent could do any good, then the Allopathists and Homeopathists and all the rest of them will be right but we know they are wrong. We can give assistances to the blood corpuscles and these corpuscles will go into these deeper tissues and do what we cannot do ourselves.

The blood corpuscle goes to every portion of the body. When we wash a person's feet, we have taken some of the materials out from the pores of the skin and allowed the C. to deposit some of its wastes (which is sometimes called insensible perspiration) to pass out of the skin, through the pores, which, before we washed them were clogged up.

And it is a singular thing that we have never heard spoken of or

seen written; that the person, man, women, or child, who has had a daily cold bath seldom or never has a fever. In the case before us where we have tried our washing and injections and simple teas, we may be sure that there is an obstruction in some other, or all the organs, that we have not been able to eliminate as rapidly as desired.

In this condition we desire to eliminate as rapidly as possible whatever of effete or worn out material may be in these organs. In this proposition we will now proceed to give these blood corpuscles an opportunity of casting out the refuse from their little bodies.

We have seen in the method of changing conditions that when we dilated the stomach the blood passes over the outside part of the stomach, materials which are no longer of any benefit to the B. C., but are clogging up the bodies of these corpuscles, preventing them from doing their daily work. Our first step then is to dilate the stomach with mild teas, or infusions.

We will select catnip if there is an ordinary fever; spearmint if the child is wheezy; lobelia if it is troubled with the throat or there are cankers in the throat. One of these three infusions may be relied upon in this case to dilate the stomach. Make a composition for the child of 5 in half as large doses as advised for an adult. i. e. half of a heaping teaspoonful to two thirds of a coffee cup of boiling water.

Composition is our universal agent because of its warming and cleansing at the same time. This is the universal and safe agent. Having selected our agents and made our teas, we will suppose that we have catnip, one; spearmint, two; and composition, three. One teaspoonful lobelia herb to cup of boiling water. (see page 184) Our baby is 5 years old and fairly well grown.

Have the teas sweetened and taste them yourself so that you may know that they are palatable. We give two tablespoonfuls of catnip infusion.

Give this child of 5 two tablespoonfuls of spearmint; in two minutes more give two tablespoonfuls of composition.

Of course if the child will drink these right down, a little more can be given, for the sooner we can dilate the stomach the sooner we can gather the materials from more parts of the body.

For the moment the stomach is dilated, that moment the blood commences to course around the stomach through the gastric arteries and blood corpuscles commence to send into the stomach their effete material through the arteries and through the gastric follicles and the peptic glands.

As long as the stomach is dilated, so long is there a chance for

the blood corpuscles to empty their wastes and effete material into the stomach.

Now observe another thing. When the stomach is dilated and the blood is coursing through the arteries on the outside part of the stomach, this blood does not stay on the outside part of the stomach but keeps passing over or through these gastric arteries, allowing fresh blood to come into these arteries every moment.

Let us suppose that the liver has been engorged or filled full and that the outlet of this liver—the common gall and bile duct—has been clogged up, stopped up, or drawn together so that very little, if any, bile or gall could pass out of it. After we have dilated the stomach, we shall have dilated the second stomach as well, as this amount of liquid will overflow into the second stomach and we shall have the mouths of this common bile and gall duct open up or relax and allow a free flow of bile or gall into the stomach. It is believed by the writer that gall and bile are the natural physic or the natural agents which are used by the body to have a regular, full and free passage of the bowels every day.

The corroboration of this belief may be found in the fact, that for cases where the gall ducts are shut up, we may have a yellow skin and feces, or discharges from the bowels will be whitish and light colored.

Where we have dilated the stomach from any cause or where there has been excessive irritants, the discharge will be yellow or greenish, showing a direct passage from the liver to the bowels. We say therefore that when we have dilated the stomach and the second stomach with our mild infusions, we are likely to have, and theoretically shall have, a free flow of the bile and gall into the second stomach.

At the same time the first 6 spoonfuls of liquid that we have passed into the stomach may have passed down into the intestines, and we will now give 6 spoonfuls more in the same order. Then we will give 2 spoonfuls of catnip, 2 spoonfuls of composition at an interval of 2 minutes and we will give 2 tablespoonfuls of the lobelia infusion and following this we will give 2 tablespoonfuls of composition. We may rest a few minutes now. From 5 to 10 minutes. The child may sit on your lap or may lie on the bed. Towels and an old cloth may be placed on the side of the bed, but it will be well now to watch that the child does not vomit on the pillow.

In case the child is young it is much better to have it sit on the lap. If there is no vomiting, give two tablespoonfuls more of the catnip, same amount of the spearmint, and more of the composition.

This last may be repeated in the course of three minutes and after the composition, we may give two tablespoonfuls of the lobelia tea again. In almost any case we shall now have a thorough vomiting.

Still if the vomiting does not take place, more catnip can be given and more composition. A child of five, fairly well grown, well proportioned, can drink a half a cup of catnip. For it is often the case one who has been fed well, will bear much larger amounts of liquid than many at first sight might suppose.

And in the case of the writer's own family a child of 5 will drink one half cup of infusion and have a thorough emetic on the third half cup, but where one has never before given an emetic or where there is uncertainty, it is much better to give the small dose first and watch the child as the stomach begins to be dilated. In case one feels afraid to give the lobelia, the herb boneset may be given in the same doses. Take notice that boneset is an herb that requires boiling, while lobelia should always be made fresh just before it is given and no old infusion of lobelia or no fluid extract or stuff purchased from the druggist should ever be used.

Observe this;—A regular of Philadelphia classes lobelia between hydrocyanic acid and tobacco. Therefore if your druggist should not happen to have lobelia he might substitute the tobacco, which has often been done. Lobelia when properly gathered and made into an infusion is just as harmless as spearmint or catnip. It is not antagonistic to the vital force as is tobacco, aconite, belladonna and half a hundred of other remedies which are used by the old school. In giving boneset the same amount may be given to produce the emetic and it should be given moderately warm as, if it is given cold, it will produce a watery action of the bowels and leave the person sick at the stomach for quite a long time. Having seen that the child is thoroughly vomited once, we can give the same doses over again until it has vomited thoroughly the second time.

If it has made two or three little attempts and has only vomited up a mouthful or so, repeat the catnip, composition, and lobelia and composition after the lobelia, making sure in every instance that composition is given before and after the lobelia. Lobelia is a most thorough relaxant and in the belief of the writer, the walls of the stomach are dilated by these teas or still further relaxed and the gastric follicles are opened by vital force when this relaxant, lobelia, is taken into the stomach. After the child has vomited two or three times and there has been one more thorough vomiting, which will be known by straining and gagging after the emet-

ic, we may conclude that we have done enough for one day. And the child can rest. It should be allowed to lie down and go to sleep and have plenty of air in the room; but see that the child is covered up. If the day is warm it does not need much cover, but it should be seen to that the flies or mosquitoes should not be allowed to bother the patient.

In two hours after the emetic the child should receive a washing all over in cold water. This should be done quickly and rapidly; clean and dry clothes put on the child, also clean bed-clothes or clean sheets.

What have we accomplished by this emetic? Every corpuscle of blood in the entire body has been allowed to pass around the stomach and empty all its effete and worn out material through the gastric arteries and the glands leading into the stomach. We have relaxed the liver, spleen, and the kidneys, and supplied these organs with liquid that is both purifying and cleansing with these teas or infusions. The vomiting was caused by the vital force who saw that there was an opportunity, not alone of sending out the effete materials from the blood corpuscles when the stomach was full of this worn out material.

Then the vital force contracted the stomach with the abdominal muscles, and the contraction sent out this liquid up through the esophagus into the mouth and out into the wash-bowl.

The Romans knew how to do this 400 years B. C. Samuel Thomson of New Hampshire perfected this scheme and cured more cases of chronic diseases than any man that ever lived on the earth.

But from the time that Romulus and Remus founded the city of Rome up to the time of Samuel Thomson and up to date, 1901, no person has ever given an explanation of the *modus operandi* of the emetic until this author in 1893 explained the workings of it to a class of Protoplasmic Physicians in Chicago.

The idea that the blood corpuscles do the work inside the body has never been explained until the writer discovered protoplasmy although the workings of the B. C., their formations, and many other facts have been gathered from all sources. The regulars have had a chance to explain an emetic, but they have never done so. They simply gave an irritant to the stomach, vomited up what was in it and then they stopped. They never knew why it was that Thomson cured his cases, nor why an emetic produces any benefit.

But seeing through a glass darkly they have attempted to get some benefit to the body of the patient by putting in a stomach pump and washing out the stomach. They could do this all right,

but they do not give the B. C. any credit for having any sense or for doing any work of their own accord. They have never had any idea of the vital force and they do not know that the vital force could use the B. C. to purify the whole body. The vital force is the agent of its 25,000,000,000 of B. C. The governor of the body is able to purify the system in a far more rapid manner than ever they gave it credit for, and if we have these B. C. as our servants and the vital force as our friend, we need not have any doubt about our being able to preserve the body and enjoy that body to the age of 120 years; but if we are blind we cannot see and if we willfully put out our eyes or fill them full of the mud from the allopath books, we need blame no one but ourselves for our blindness.

The understanding that the blood corpuscles are able to bring from one portion of the body to another all the worn out and effete materials that may be in the organs or one portion of the body and land that effete material in the stomach has never been explained until the discovery of the Law of Protoplasm as the discovery of the connection between the vital force and the B. C.—all the connections between the action of the blood atoms in the body being governed by the living force that is inherent in us or has been transmitted from our fathers into our bodies and that this force performs all its operation through the agency of these 25,000,000,000 of red blood corpuscles and their progenitors, the white blood corpuscles or the original atom, which made up the white blood corpuscles (See Scheme of Life) is a law which has never been explained until this time. When we dilate the stomach by means of these teas, we allow or permit the vital force to send the blood corpuscles over the stomach through the gastric arteries and through the walls of these arteries, now distended to empty from the little bodies of these corpuscles all the effete and worn out material that may be in the body.

In any ordinary case there is never a particle of danger in an emetic. The only danger that may arise, is after the patient has been drugged by the regular doctor. Their scheme of drugging by which they give aconite, henbane, arsenic, and mercury, paralyzes the walls of the stomach, and places the corpuscles in such a condition that the vital force will no longer stay inside of this atom. When this atom has no living force in it, then the atom is dead.

After these fools have placed in aconite, belladonna, veratrum, or other poisonous drugs and have killed or destroyed the walls of these corpuscles, the vital force leaves these corpuscles and they are dead.



After they have killed myriads of these corpuscles and the vital force has no longer a sufficient number of these corpuscles to make an effort with, then these fools conclude that they have reduced the fever. And so they have by killing the servants of the body—the blood corpuscles—by driving off a portion of the vital force and leaving another portion without sufficient servants to work with.

When these corpuscles are dead and they see the lessened action of the body, they erroneously conclude that they have accomplished something with their poisons, but all that they have accomplished is a destruction of certain vital portions of the body.

Besides this after these atoms of poisons have been taken, and they are concealed, shut up, or surrounded by the vital force by some of the stomach, liver, pancreas, or carried to the spleen.

Any where to get them out of the way from being absorbed and carried to the heart or brain.

After the death of these myriads of corpuscles by this antagonistic poisoner and the concealment, or secretion, or surrounding of the poison from these drugs, then when the parent or mother or nurse gives a mild infusion of catnip or even warm water the vital force may send these particles of poison that have been concealed, to the inside passage of the stomach or let them pass down through the intestines and then in their passage through the intestines, they may be absorbed, pass into the heart through the venous system and poison or paralyze the ganglions of the heart, and we may have a sudden death of the body—not because of these teas but because of the drugs which the regular had already given.

Thousands of women and thousands upon thousands of children are in the condition to-day of chronic invalids because of the demented modes of poisoning allopathy and homeopathy—methods that are entirely antagonistic to the vital force and directly opposite to every principle of common sense which governs all the laws of the universe.

We say if there has been no drug there is no danger in the emetic.

Infants vomit from having taken too much of the mother's milk while at the breast. It is the most natural method of obtaining relief from an overtaxed liver. It is perfectly safe, we repeat, to any patient who has not received drugs at the hands of the regular idiotic doctor calomel, jalap, and henbane giving schools.

Having given the emetic in the morning early, we can allow the patient to rest nearly all of that day. A little tea of sage may be

given. Plenty of drink should be allowed, but *rest* is the "golden word" to use after the emetic.

If the patient has not rallied under the giving of the emetic, as it should, and we give the bathing two hours after the emetic is over, then we may give something of a tonic nature.

A little drink of balm. Or, some mint tea. Or spice bitters.

In case the fever still continues (but usually the fever will be all gone before the end of the emetic is over,) we can proceed with small doses of the fever tea. And, if there is any soreness of the throat, or any trouble with the nervous system anywhere, we can commence to give the elm compound, alternated with the fever tea.

If at this time there is any exudation on the fauces, we can give some cinnamon compound. Any other complication can be treated as may be indicated.

In nearly every case of fever, we shall see that this treatment will change the condition so much that we shall have a much lighter effort of nature to overcome the remaining obstructions. And, if there are still the same efforts the next morning, or during the day, we can commence on the same treatment over again.

We shall keep at removing obstructions until the body is cleansed.

All the water should be given that is wanted to drink and lemonade or orangeade. No milk, nor any tea, coffee, cocoa, chocolate, or any fixed up dishes should be allowed.

And positively no food should be offered to the patient until the appetite is fully restored. Until the child cries for food. For a young child there is nothing better, after the appetite has returned, than the baked apple. Crackers, fried-cakes, bananas, pea-nuts and candy should be shunned and avoided and not allowed in the sight of the child. Chicken, as we have said before, is most dangerous of all foods to be given and should not be allowed in fever, and in the case of Infantile Fever, no matter what people may say, we have seen fatal cases enough from the eating of chicken to make the assertion that there is nothing so serious to the fever patient as fried chicken or chicken broth. Shun chicken in every form and manner in every case of fever: Irish potatoes are not to be thought of; fluids are the safest things to give when the appetite first comes.

What has been stated in the advice on typhoid applies to all classes of infantile fevers.

We now come to decide as to the methods by which the parent can diagnose in a few hours into what state or condition he or she may place the sickness of the little one.

If with these steps that we have given, the patient becomes better, the appetite returns, the skin becomes moist, the eye brighter and the usual habits of health appear to have returned, then the mother or father may decide that the case is superficial and that these returns have cleared off the superficial obstruction in the case and the child is on the road to recovery in short order.

On the other hand, if there is not much of any improvement, we may decide that there are obstructions in the deeper tissues, that is, that we have to purify the blood. We know that we must clean off the outside of the system—that is by washing—injections to the bowels—and total abstinence of food—but at the same time plenty of drink—but if we have not relieved the child very much with these steps (but we tell you that with these steps we have advised in nine cases out of ten, you will have the child all right and see its improvement at once.) then we may know that the obstructions are situated much deeper than the surface and that we have to take methods by which we can clean off the entire blood stream. We gave these superficial steps by which we should have gotten rid of every thing on the surface of the body and from all the surface of the intestines, but if these have not taken away all of the trouble, then we have to think of all the tissues of the body and take a step that will cleanse every part of the body at once.

The parents who have made themselves familiar with the “scheme of life” (see principles from 18 to 21 inclusive) will now be able to see through this reasonable scheme of changing this sick body. We have to take some steps that will purify all the corpuscles of the body. Can we do this?

We may be sure that the old school makes only a superficial effort to purify the body and none of the agents which they will give, have any definite or certainty of benefiting the entire body. Nor do any doctors pretend that they can alter the plasma for the better. Not any of their medicines that are in common use are capable of giving direct benefit to the plasma.

In this system we are about to tell you of, the steps which have been outlined before, but which now will be given in detail.

Our first step in cleansing the child was to wash the body.

(2) We gave the injection to the bowels;

(3) We placed pack on the abdomen and the chest; and fourth we gave a little fever tea or simple remedies calculated to cleanse the stomach and the intestines.

As we stated, teas are sufficient in a mild infantile fever.

In cases where there has been long continued weakness; where the outside of the body appears white or putty colored; where the

features are drawn and pinched; where the urine is red or highly colored and scanty; where the feet and hands may be cold and some loss of weight with great weakness; where there is constipation or diarrhea, we have what may be termed a *chronic case*, which very frequently follows a case of infantile fever.

In these cases our movements must be slow.

We should be sure of every step taken. Nothing is so good for the little child as the Elm and Cayenne Compound, given every hour when awake until the tongue commences to clean off.

For a child of two years, take a heaping teaspoonful of cut Elm Bark (Formula 23) and as much Cayenne as will lay on the half of your penknife heaping. Put into a cup and fill with boiling water.

This can be sweetened and should be made fresh every 24 hours. One or two teaspoonfuls of this compound may be given every hour to the child of 2 years old and to the child of 10 years one tablespoonful or more if the child is strong, is not too large a dose. If the feet get warm this is a good sign. If the whole body becomes warm, we may be sure that the child is getting better.

The more fever there is, the more force we have in the body.

Give the injections daily at night, early in the morning, or, if the child is restless, it may be done any time in the night and put a pack on the chest and abdomen.

Directions for putting this pack on.

Directly where the child is going to lie, place a towel or small blanket on the bed so that the upper edge of the blanket will come directly under the child's arms. On this lay a soft towel, a bath towel being best; on this lay a towel wet with cold water so that the upper edge of this towel will come just inside of the upper edge of the first towel. Let the child lie down on this cold and wet towel. Put another towel wet in cold water—soft water always being the best—from the neck to the lower part of the abdomen. Next bring up the two ends of the towel that is beneath the arms and wrap that snugly, not too tight, just snugly enough to be comfortable so there will be no air get between the skin and the towel.

Next, bring the dry towel up and wrap that snugly, and lastly bring your blanket, which should be not less than three thicknesses and pin this snugly so that the arms will be at liberty, but the chest and thighs and abdomen will be snugly covered up, and there will be no chance for the water to soak through from the wet towel which is close to the skin. Cover the body up with light, warm clothes.

Put a hot water bottle or brick or stone to the feet and prepare

to have the child lay there from two to six hours. The rule is, lie there until it sweats in the face, but meantime the child should be given water to drink or lemonade or composition.

While we detail this for a child of 2 years old, there may be another towel for the youth of 12 and if a girl of 14 an extra cold, soft towel may be placed over the hips and she may be given Pennyroyal infusion warm, or an infusion of Squaw vine (*Mitchella Repens*.) These two agents are denominated "driving," but are really relaxant and will hasten the state of cleanliness. As soon as the body has sweat well, it can be taken up and washed all over, but should never be allowed to come out of this pack until the perspiration has started well.

In ordinary cases, these agents need not be used. But, in case of the girl—13 to 17—these are useful to know of.

In pinning this blanket on, it can go beneath the arms and be long enough to go down to the knees. By pinning a blanket on in this manner, if the child desires to use the vessel, no air gets under the pack. This pack can be used at night or at any time when the bowels are warm.

It is better to use it after the injection. And allow the child to sleep as long as it will. In some cases of continued infantile fever where it runs along a week or longer, or in chronic cases where it has previously been drugged, this pack might be given every day in the afternoon or night and the emetic the next morning. When the patient gets better, every other morning is sufficient, and when it gets still better and the coat is off the tongue, the emetic will not be necessary and if no fever, there is no necessity of having a pack. The symptoms for the necessity of the pack may be stated as follows:—

A dry skin, parched tongue, nervousness and a scaly feeling of the body. The packs may be given at any age and, if the child has not been drugged, they will never be put on amiss, if the skin is hard and dry.

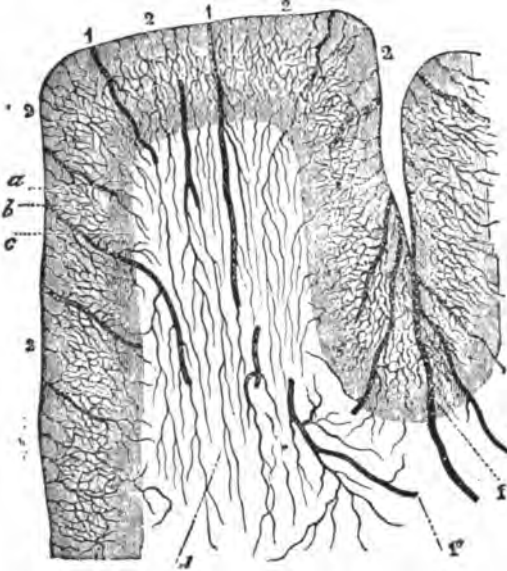
Where the skin is cold, clammy, putty colored, or there is goose flesh on the skin (where the little pimples come up on top of the skin and show themselves) the pack should never be given.

In place of this pack, in case of chills where the skin is cold and white, the stimulations should be given by the mouth and rectum.

The injection should be of catnip with a little bayberry, or a little spearmint, and if short breath is present use the injection of spearmint or peppermint.

When fixing the child for its night's rest, one fourth a teaspoonful of composition and half a teaspoonful of scullcap herb placed in

Fig. 49.



Showing the blood vessels in the brain and the manner the brain is nourished by the blood.

1 1 Medullary Arteries.

1' 1' Arteries in groups between convolutions.

2 2 Arteries of the Cortex Cerebri.

a. Large Meshed Plexus in the first layer.

b. Closer Plexus in middle layer.

c. Open Plexus in gray matter next the white substance with its vessels. [d.]

When the child after it has a slight attack of fever, gets flighty the parents are alarmed. There is no need of being frightened. the brain is not at fault but the old material is irritating these brain atoms. Cleanse the body by injections and the brain will soon come right.

No explanation by the physiologists, or the "regular," can explain why the brain becomes flighty, when the patient is very sick with the fever.

Protoplasm explains it instantly.

The blood corpuscles, not being cleaned or able to cleanse themselves in the liver and being unable to send off all the old materials into the intestines or into the kidneys, have to keep these worn out or effete materials and having to keep them, carry some of this old material into the brain through the arteries which run to and supply the brain, and, when this effete material goes through the blood into the brain, the brain cannot remain under the control of the intelligence and we have the patient "out of the head." DELIRIOUS.

Easy, when we once understand it. Because the blood is impure, the brain cannot act and we have the person sick, not alone with the fever but, as it has affected the brain, we call it BRAIN FEVER. Wise men these doctors are. They can name a thing but they cannot explain WHY and their drugs are never able to cure this condition. If the patient gets well it is not on account of their drugs, but because the vital force finally had a chance to cleanse the body. Cleanse the corpuscles—we cleanse the body.

Cases of insanity are in the same condition. Brain irritated because of old materials being sent to the brain.

a cup together with a spoonful of sugar will make an elegant and efficient nervine. This may be given for the child of 2 one tablespoonful every hour. For a child of five give three tablespoonfuls. For a child of ten give a half cupful every half hour or every hour.

In a case of nervousness, instead of trying to quiet the child by means of nervine, we should seek out the cause of this nervousness, whether it be clogged bowels, scanty urine, or dry skin, or some obstruction or change in the nervous material in the nerves themselves.

Nerves are made on one general plan.

The nerve itself is a string over which the message is transmitted, outside of this nerve there is a layer of fatty material and outside of this fatty material again is a covering which is called the membranous investiture and this membranous covering. Where the child has been fed on pork, coffee, pastry, nerves are liable to disease, and in some cases the work of allaying the nervous system is very tedious.

In these cases, the greatest benefit is sometimes derived from bathing the child's arms from the shoulders down with cold water and wiping them dry. Also bathe the limbs in the same manner with the hands and give the feet and especially the bottoms and the toes a good rubbing with the hands. Many a child would go to sleep after this pleasant wash of cold water and after three or four hours of sleep wake up refreshed and all the corpuscles of the body relieved by this natural sleep in a far better condition than under the influence of any opiates or the idiotic aconite or belladonna.

By thinking out the condition of the child, what is necessary to benefit its nerves in its little body, we can soon arrive at a conclusion as to the correct thing to be done.

It is the most stupid and wicked practice in this case of nervousness, to give opiates or narcotics to prevent the natural action of the vital force.

What we need is to cleanse the body in good condition; clean and free from obstructions. If the obstructions are removed we may be sure there will be no nervousness in the body of the child.

For case of eruptions see "Scarlet Fever and Measles."

For cases of diarrhea see "Treatment of Diarrhea."

Many a child who has not been taught to mind when it was well will be very nervous and unstrung when it is sick. Such children have to be made to mind even if they are sick and it is our experience that the child that has had its own way during the time of any sickness will fare a great deal worse than a child that is made



Fig. 50.

Vertical section of motor cerebral convolution of man.

1. Superficial layer
2. Layer of small pyramidal cells.
3. Layer of large pyramidal cells.
4. Granule formation.
5. Claustal formation.
- M. Medulla,

Cut 50 shows arrangement of the brain atoms. It is the dead matter in the blood stream that comes to the brain and irritates these atoms and thus sends the child flighty.

As long as these atoms are in their places we are all right in our mentality. When the particles of filth or offensive odors penetrate our brains and disturb the conditions of these Brain Atoms, then we are liable to lose our intelligence and be in the condition of inflammation of the brain, or Brain Fever. And if we have this fever long enough, we can have softening of the brain.

As soon as a person can realize the actual condition in these cases of brain difficulty (no matter the name)—and that the atoms of the brain are irritated by the presence of these old particles of worn out matter—or that these irritating particles may really be particles of matter which should have passed off through the bowels, kidneys or skin, then we understand what we can do, to draw these irritating particles *away from the brain*. By the purification of the Blood stream, we cleanse the brain.

We would tell every father and mother in America and England that by keeping the mothers' milk pure you make the brain of your baby better. Do not disturb the mothers' milk if you want a lovely baby.



to mind and take its medicine, its washings and its injections. There is no use to let a child off from its injections, or its bath, or its little teas, simply because it says it does not want to.

The parent must have a clear idea of what it is going to do; what this doing is for; what is to be accomplished; how it is to be accomplished; and then work along that plan until the child is out of danger. In some cases of fever a child may go for a week and not much of any improvement be seen.

This is especially the case where underneath the fever there is some eruption of the skin which should come to the surface as measles, scarlet fever, or small-pox.

In any of these, and all of these diseases, the fever comes first and as soon as we have removed the obstructions for which the vital force is making the effort that we call fever, we shall see the fever go down and the eruption will come to the surface. If we only place one truth before the readers of this book in regard to their children, and that truth is that for all these cases of fever, no matter what that fever may be named, that in no case and under no circumstances, should the child ever have physic, and never under any condition, should it be given a dose of salts, castor-oil, pills of any kind, sedlitz powders, or, in short, anything that is a physic, they will be recompensed for the time they have spent in getting this knowledge.

Because in every case where physic is given in these infantile fevers, the physic by its irritation, shrinks the intestines to a smaller calibre than before and leaves the body in a weakened condition.

Many a child with measles, scarlet fever, mumps, and even chicken pox has been ruined by the use and wicked administration of castor-oil or salts given for the purpose of cleaning them out. It cleans them out at the expense of the vital force and leaves the child weakened in body and brain after the physic has acted.

An injection to the bowels will accomplish the purpose of cleansing the bowels in a far superior manner and not leave any after results that will be deleterious—nor as weakening to the body and brain as the irritating and senseless dose of physic.

This statement holds good not only in regard to infantile fever, but in regard to all diseases. Physic should never be used. The foolish habit of giving quinine is another detriment to the growing child.

It shrinks the intestinal canal, clogs up the common bile and gall duct and lays the foundation for future disease. If we have this routine in our heads of treating the case of infantile fever and

commence at once to remove the obstruction when we see a fever, there will be no danger of our ever having a continued fever in our family, and the child who has pure air to breathe in its sleeping hours, is washed every day in cold water, has its clothes changed at night for a night-dress, is kept free from the starchy potato, fried cakes, and stimulants of coffee and tea will, in our estimation, never have a case of continued fever.

Cases of fever, as we have seen, are always preceded by impure air, vile water, or odors from some place that should never have existed.

And it is the duty of a parent to keep the child in the best possible condition and not allow it to have any fever, but if from any cause it does have a fever and the foregoing directions are followed out, the reader may be very sure that what life is in the body of the child will be preserved. (For Infantile diseases, see "Child Birth and Child.")

During the day a little drink of sage may be given every two hours. Say for a child of two, two or three tablespoonfuls. For a child of five, one-third cup full.

A child of ten may drink nearly a cupful of sage tea, or, if there is any rattling in the throat or any wheezing, the spearmint or peppermint infusion may be substituted.

If, from any cause there is quick beating of the heart, an infusion of Bugle-weed (*Lycopus Virg.*) may be given.

If nervous, wanting to cry, and feeling bad, give an infusion of Scullcap.

All these infusions should be made with a teaspoonful, a little rounded, to a cup of boiling water, that is, there should be a teaspoonful of the coarsely ground herb to every cupful of water.

They should not be made too strong, but should be made palatable and sweetened with loaf sugar, or, preferably, if it can be had, with maple sugar or with the sugar made from beets.

The objections to sugar usually is its excessive starch, but it is more especially made of glucose. Therefore if one can use the maple sugar or the beet sugar, it will be better for the stomach of the child.

If the fever comes up in the afternoon, the fever teas may be given regularly again, a tablespoonful every hour.

When the fever goes down, this giving of the fever tea can be omitted or given every two hours, and if the patient goes to sleep he or she should not be wakened to give any dose. The injection should be given at night and this may be made of catnip, an ounce to four quarts of water. Catnip should never be boiled but made

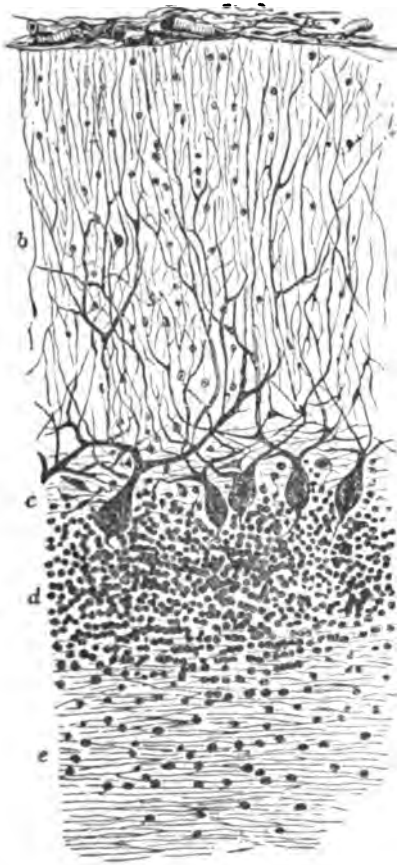


Fig. 51.

Vertical section of the cerebellum.

- a. Pia Mater.
- b. External layer.
- c. Layer of Purkenje's cells.
- d. Inner layer.
- e. Medullary white matter.

Now it is certain that no one knows where the brain keeps all its thoughts. Some of the impressions must be stamped on these small atoms that we find in the brain, because there is no where else that we can find any place else for them to be kept as perfectly as they are in the Bony Safe—the brain.

When we think of all the notes of music; all the knowledge that is stored up in the brain of any person, it becomes wonderful that one's head can carry all of these memories and then retain all the memory of physical suffering that myriads of human beings suffer from time to time.

If a child has the beginnings of such a wonderful brain, how is it that so many of us are only half equipped, as it were? We think we can tell you.

While in infancy, we have some little fever, or an effort of nature to overcome some thing, and, when our parents see this fever, they call in the doctor. Of course, the trouble is never with our heads. But, with some other portion of our anatomy. And the doctor knows this. Our doctor being educated in the schools, acts according to his education and doses out drugs that put us to sleep. Why do these drugs put us to sleep?

Because these drugs kill some of the nervous material and then our vital force crawls away into the cells of the body, and our brain knows nothing. Why does it not know any thing? Because some of the corpuscles are dead and they do not nourish any part of the body. And they shrink. Become smaller. Then we do not have as good a brain as before. And we cannot remember. If the mother and father will make an effort to understand this set of facts, we do not think they will be so swift to dose the child with drugs, when they realize that every dose in the system will make the brain to become inferior and destroy that brain from being as good as it would have been, if it had never had any drugs inside of the body to deteriorate the blood.

into an infusion by turning the water on it for ten minutes and it will then be ready for use.

If there is a tendency to diarrhea, or the bowels are watery, use the injection of raspberry leaves. These injections should be used every night as long as there is any fever and especially if there is any nervousness, once a day or even more frequently, if we do not see the child is improving.

If the child sleeps with its eyes half way open, or even open a little, the injection should be given. Sleeping with the eyes partly open, indicates that there is a pressure on the spinal column, or that there is an obstruction which should be removed, and it is most likely that in some portion of the intestinal tract, there is a stoppage which can be moved into circulation by means of the injection to the bowels.

If the urine is red, give peppermint tea.

If there is any Scalding of the urine, use Marshmallow, Queen of the meadow, or Stone Root in infusion.

These symptoms soon pass away in children, although in grown persons who have been accustomed to use hard water, they may be very annoying for several days. The best thing which may be a universal panacea for scalding of urine is as follows:

Take two heaping teaspoonfuls of flax seeds; pick it over carefully; and put in a pitcher. Squeeze one half lemon on the seed.

Pick over two tablespoonfuls heaping of raisins and cut them twice in two. Put these together in the pitcher and turn on one quart of boiling water. Add twelve lumps of loaf sugar.

This will make a rather slippery drink. If kept cool in summer it will not be distastful to the majority of patients and can be drank freely, say a cupful every hour for an adult and the child of 2 or 3 can take a tablespoonful. Sugar may be added to suit the taste.

If there is heat in the bowels and not much sweat, it is better to put the pack over the lower part of the abdomen and around the back as far as described. One towel wet, one dry one, and a blanket of two thickness should be enough in warm weather, but in cold weather this number can be doubled.

If the child has stomach ache, give freely of Peppermint tea; Balm, Neutralizing cordial; Elm compound; Composition and finally give the large injection to the bowels. And, if these do not relieve the pains, you may rest assured that the child needs an emetic. Give a good one as early as it wakes up from its sleep. The sooner the better.

When composition is given and it does not seem to relieve the

pains or cramps in the bowels, we may reasonably conclude that there are some obstructions in the stomach or in the upper part of the intestines that should be dislodged.

Such conditions come from eating unripe fruit; from taking a severe cold; or, from drinking milk and having it curdle; or from eating many kinds of foods too near to each other. Mixing.

We have seen such a case. On Sunday, boy ate dinner at his own home; went to grandfather's and had another dinner of fried ham and eggs with cheese and small piece of pie. Went to some other place and had candy and peanuts. Bowels swelled; called physician; gave an opiate; boy slept; next day in agony; had counsel; more opiates; thought of operation and called this writer, on the following Sunday, who gave an emetic, very carefully, with large injections and had part of the previous Sunday's dinners out one way and part out the other.

Such cases usually go under the surgeon's knife. Injections and emetics are the remedies. Mild, efficient treatment will save such cases by rapid cleansing of the body, while the surgeon's knife is uncertain in every respect.

There is a certain condition of fever which occurs in an infant of seven to twenty months, that seems serious to parents, but which is never of any serious outcome, unless during this period, the fond and soft father calls in a doctor and allows the doctor to give his baby some narcotic.

TEETHING FEVER, as it is called. Why should there be any fever when the teeth come through?

Because, there being some obstruction preventing the teeth from passing through the gum, Nature makes an effort to have the teeth through and when we see the effort which Nature is making, we exclaim "fever." So there is a "fever" but it is only for the beneficial purpose of having those teeth through the gum and is nothing to be frightened at. The teeth will come through all right. For some time we studied why it is that Nature should have an "effort" when these teeth come through. And after considering that some infants never have a fever during this time and other infants do have this "fever" during all the time the teeth are coming through, we are sure that the fever was brought about by some condition of the infant.

Here it is:—When the child has too much to eat and when the bowels from any cause are constipated, then the Vital Force has so much to do that it cannot get time to send out these teeth in a proper manner.

And, because of having too much to do in the body taking care of

food and drink that are unfitted for its little body, therefore, when Nature comes to the end of forbearance, then makes the fever to show the parent that there are obstructions which should be removed.

And, that some aid is needed to push these teeth through. Or, that, if no aid is needed, then you should prevent any more unnecessary stuff from being placed in the way of the Vital Force while it is endeavoring to push these teeth through.

Again, it has appeared to us that if the woman has had good tooth material while she has carried the child, then the teeth will come through easily. But if the woman has been fed on baking powders, potatoes, eggs, and fine flour breads, during the time of pregnancy, when the little teeth are ready to come through, they are soft and frail and Nature has a hard matter to push them through the gum because they are soft and frail. And Nature making the effort, we see the result—a fever in its little gums which may extend to all the body.

Still farther, when we considered all these cases, we found one in which it does not do to say too much and yet it seems of vital importance.

At the time the young mother is nursing her baby, the milk should be of the purest and best. Some men love their wives too much and if they would walk fifty miles some warm night instead of tampering with the source of the baby's milk, the baby would be all right. When the milk has been heated up, then the milk is no good and Nature tries to get rid of it and we see the effort and have the "fever." All these are causes, or, rather the provoking causes of infantile fevers.

How very stupid to give drugs and stuff to stop the vital force from cleaning out the child. Especially, when we know that these drugs are antagonistic to the V. F. and to the very best interests of the child.

Under three months, the infant should be fed every two hours.

After the third month once in three hours is often enough and the time should be regular.

Among the medical fraternity the term "Infantile Fevers" would not be considered proper.

We place it here so that the anxious parent will see the causes of all fevers and steady himself to know what to do to soon rid the child of the provoking causes and thus restore the child to health. Cleanse the body from its obstructions and the "disease" will soon be gone. The doctor will drug the child with POISONS and this will leave it in worse condition than before he came.

## LUNG FEVER. (Pneumonia or Pneumonitis.)

*SYMPTOMS:—Chilly sensations; hot, red cheeks; dry skin; hot flashes all over the body; pain usually on the left side underneath the nipple, when they draw the breath in; pain increasing; little hard cough; tongue usually coated; breathing rather short; sometimes headache and weakness; sometimes a choking sensation.*

*After one or two days, patient's face is drawn and pinched. Pulse runs up to 110 or 120; hurts them to cough; short breath and worse the second or third day; person is very nervous; nearly always complains of the lungs being too small or filled up; patient sometimes delirious; often times can not lie down; has to sit up to breathe.*

True to their Satanic record, the allos pathos school declare that this disease is caused by the "infection with the diplococcus, pneumoniae (pneumococcus of Fraenkel.) and, less frequently with other microorganisms, etc., etc." No student of Protoplasm has the least shade of doubt about the conditions of pneumonia.

Not knowing the causes of Pneumonia, these allos pathos doctors do not have any idea of the proper methods of cure.

All fevers are the same—efforts of the vital force to overcome some obstruction.

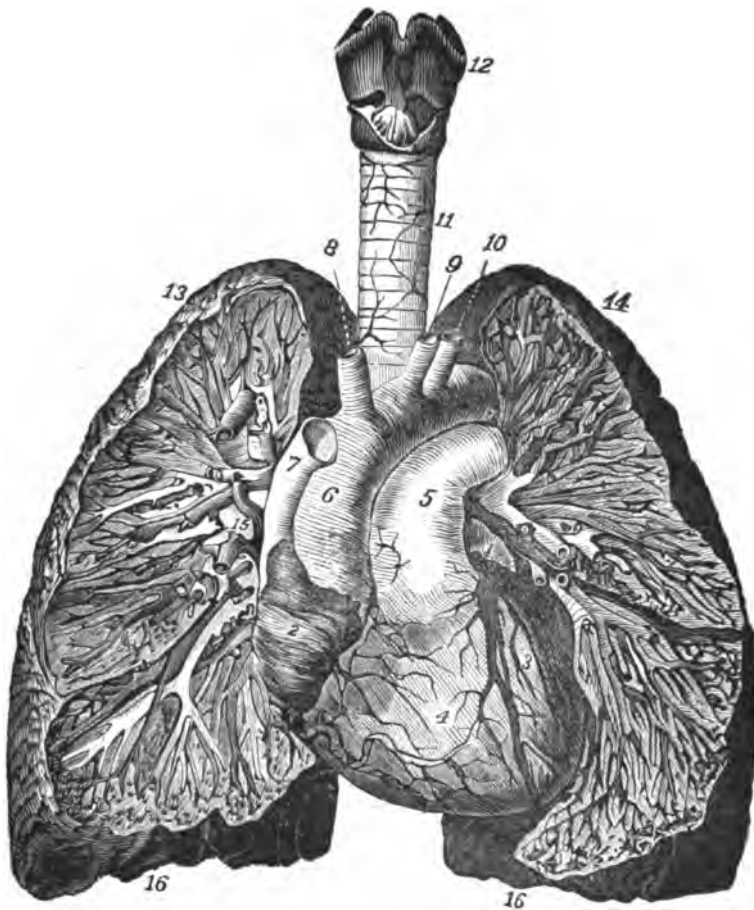
Our reader should have the general idea of all those diseases or the causes of them in his head well fastened, so that there is no possibility of being rattled when he comes to any disease, no matter what name it may be given.

To repeat what we have said about the corpuscles and the "scheme of life" in every disease will be a useless repetition. If the reader will think for a moment that there are 25, 000, 000, 000 of red blood corpuscles in the body and that when these C. are in good condition—well supplied with nourishment, pure air, and water, there is no possibility of anything like disease overtaking—they have the correct idea of the human body. Now all diseased bodies of any kind is where these C. have been killed or obstructed and we may say, usually, that they cannot be obstructed very readily unless some portion of them have been killed.

If we consider that excessive heat will kill these—also excessive cold may kill large numbers of them and that heat to the extreme or cold of such a degree that we are chilled, kills these little organisms, then we have the first truth about the human body, About its uses.

A person goes out on a cold day and gets a chill. The chill may be on the limbs, it may be on the bowels or it might be on the lungs, but no matter where it is, numerous B. C. are killed.

Figure 52.



## THE HEART AND LUNGS.

- |                               |   |
|-------------------------------|---|
| 1, Left auricle of the heart; | 9, Left primitive carotid;                    |
| 2, Right auricle;             | 10, Left subclavian;                          |
| 3, Left ventricle;            | 11, 12, Upper rings of trachea and cartilages |
| 4, Right ventricle;           | of the larynx;                                |
| 5, Pulmonary artery;          | 13, Upper lobe of right lung;                 |
| 6, Aorta;                     | 14, Upper lobe of left lung;                  |
| 7, Superior vena cava;        | 15, Right pulmonary artery;                   |
| 8, Innominata;                | 16, 16, Lower lobes of lungs.                 |

These are a representations of lungs as they look naturally. If you wear the corset, you pinch these lungs. They are pinched and the circulation stops. They do not have any blood in them. They are heavy and cold. There is no air in them. They are no good. Nature takes these old and empty spaces and sends old worn out material into them. These air cells (should be air cells) are filled with stuff which comes from the intestines. You become constipated and this matter goes into these unused lungs. You cough. (Because of the presence of this matter in the lungs.)

*You spit. Something comes up. What is it? Old Stuff. What kind of old stuff? The old stuff which you should have passed through the bowels.*

*You are spitting up the old matter which has been kept in the body. Some of the lungs come up also. Ah! Alas. You have consumption. From bugs or germs? Oh no. From the presence of old matter which is coming up through the lungs. Unthinking that we are, we still wear a corset.*



Being killed they may remain in the system. Being in the blood stream—warmth of the blood stream commences to disintegrate them. That is these C., which have been living organisms a short time ago, are now dead and their little bodies having had the life driven out of them are nothing more than so much inert matter. This inert matter has now to be disintegrated and carried off out of the body. At first these particles may be carried to the heart. On the way to the heart, myriads of these particles are dropped into the liver.

Now observe, that the physiologists tell us that cells anywhere, secrete.

We believe the Corpuscles send, drop, exude, or deposit that which they these C.—desire to get rid of. Now in all cases of these dead particles—disintegrated, dead B. C.—the living C. takes them up and carries them to the heart, or drops them in any portion of the body that the V. F. may select.

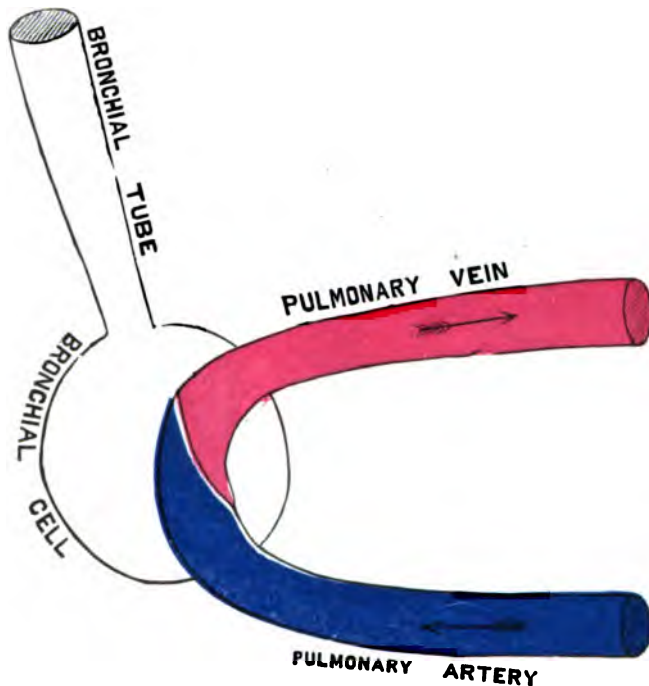
As an illustration of this, we may take the formation of a common boil.

The liver has an excess of bile in it and so sends it out all over the system.. But there are parts selected by the V. F. in which this bile may be deposited. There may have been an injury in this place, or it may be a weak place, or it may be a place that is flabby or unused, but no matter where it is, the V. F. selects this place and sends the bile to this point. We see the redness, and the swelling, and the hardness of the tissues, that were, a short time ago, soft and flexible, but which now have become stiff and immovable, from the presence of this excess of bile, and seeing this redness, stiffness, hardness of the flesh, and general enlargement of this flesh from underneath with its rise of temperature, we say there is going to be a boil and soon we poultice it for the purpose of bringing it to a head.

We poultice it because we are assisting the V. F. to throw out this excess of bile which is desires to get rid of.

In the condition of the cold, the V. F. by means of the corpuscles, sends these dead and now disintegrated atoms up towards the heart, deposits as we suppose, any of these atoms which can be deposited in the cells of the liver. The rest of them go to the heart. From there they are carried to the lungs.

Now every particle of blood that comes from the heart and is carried to the lungs soon surround some air cell in that lung and through the walls of this air cell and through the walls of the capillary, the oxygen or air should pass and take out, or force out the carbonic acid, which is in those capillaries and then changes what



### Schematic Diagram of a Bronchial or a Lung Cell,

With Blue or Venous blood passing over it and after taking in oxygen, becoming oxygenized or resuming its condition as red Blood—or Red Blood Corpuscles.

It must continually be borne in mind, that although, to a superficial observer, the cell seems solid, it is in reality, porous as piece of blotting paper. So too, the artery or capillary seems to be solid while in reality, it is porous, allowing the air to pass through and the carbonic acid gas to go out,

We again observe that, not only does the oxygen pass in and the carbonic acid gas pass out, but when the cold has chilled and killed the corpuscles, and they have become disintegrated, they come over the lung cell into these capillaries and pass through the capillary and through the walls of the cell and finally fill the cell with this dead material. This is the case in Catarrh, Pneumonia and in Consumption.

The cells are filled with old and foreign material and we split this old material up from the lungs that has been passed through the capillaries directly from the blood stream.

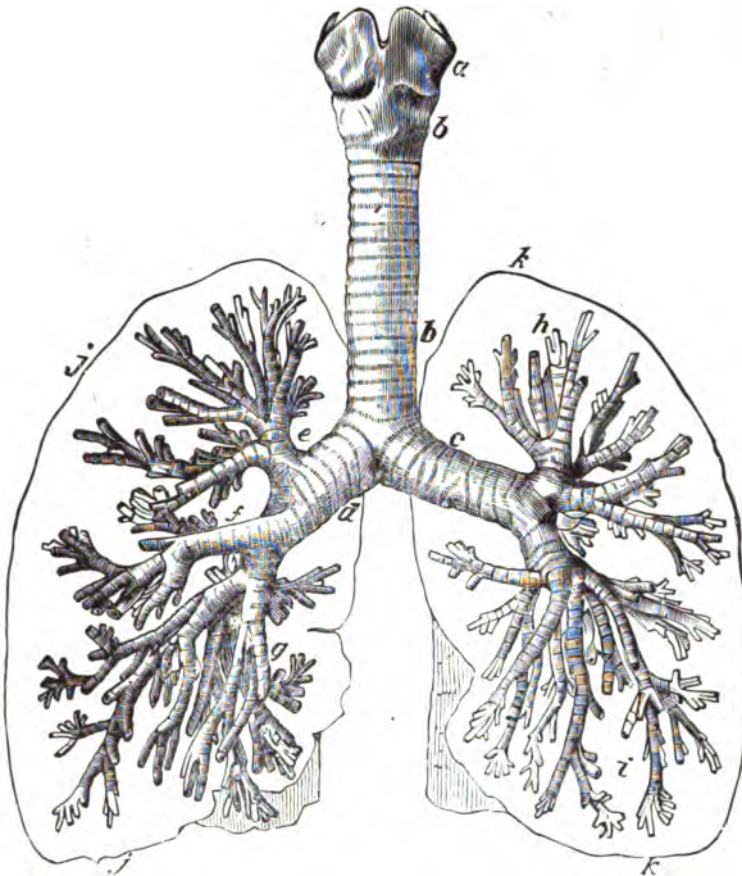
With a knowledge of these facts, any one can see how erroneous are any treatments locally for these conditions, when the treatments should be applied at once to cleanse the entire volume of blood in the body before it is sent into the capillaries of the lungs.

No one will understand that this diagram is placed here as the exact shape and proportions of an air cell or vesicle. (See page 433 for exact relations.)

It is a scheme to show the importance and the actual condition of changing blue or venous blood to red or arterial blood. This change is of the very first and main importance in Catarrh, Pneumonia and Consumption and without this change—this pure air—all other steps are sure to fail.



Fig. 53.



HUMAN AIR-TUBES.

The mode of distribution of the air-tubes is represented in Figure 53.

a, is the larynx; b b, the trachea, the upper letter corresponding to the cricoid cartilage; c, the left bronchus; d, the right bronchus; e, f, g, its ramifications in the right lung; j: h, i, ramifications of the left bronchus; k k, in the left lung.

There are some things which are connected with the scheme of the air tubes that are seldom thought of. One is that these air tubes should have an abundance of space to draw the air into the tubes and pass it out again. This seems to be very simple.

It is simple. But when the head is placed on a pillow and when one has the head higher than the rest of the body, while they are asleep, this air tube does not so readily take in air as it would when the body and the head were lying on one plane or on a level. Children and women suffer more from the unnatural position of the head during sleep than any other class.

The head should be as low as any other part of the body, and if you cannot sleep without a pillow then you can be assured that there is something the matter with the lungs and heart at this time.

If you desire to have a full breast and straight shoulders as well as to have an abundant entrance into these air tubes for air and all that, as well as to sing clearly, you should never have a pillow under the head while you are sleeping.

we know as venous blood to arterial blood, or as it is sometimes termed, oxygenates these corpuscles, and of course, so far as we understand, purifies them, or changes their condition.

Observe now, that we left the C. carrying myriads of dead atoms, which have been chilled by the cold, up to the liver, next to the heart, and finally we have these dead particles around the air cells of the lungs, but really in the capillaries.

The air cannot purify these dead atoms. It is impossible to oxygenate or arterialize anything that is dead. An atom that is dead, stays dead, and coming up through the blood stream these bodies of dead corpuscles have been disintegrated, or pulled apart by the warmth of the blood stream and the moisture. Before their little bodies contained life; after the cold struck them the life was driven out and they were dead.

These dead bodies cannot get through the capillary walls unless they are very finely disintegrated. If they are finely disintegrated they can be passed through the capillaries and through the walls of the air cells and are deposited in the air cells of the lungs. These particles then come up into the bronchial tubes into the nose, lining the cells lungs full of old particles—we sneeze—and say, “I have got a cold.”

Here is the etiology of all kinds of colds.

It does not matter if it is a little child who is not protected along its little limbs and the lower part of its bowels; it does not matter if it is a strong man who had forgotten his overcoat and stopped a few minutes on the corner of the street to talk with a friend; nor the girl who stood in the warm store in the afternoon and had to go home through a biting wind; or the school boy who was obliged to sit in a draught of wind on account of the stubbornness of the teacher; or the unfortunate doctor who was called sixteen miles away from home and the blizzard strikes his body; nor the tramp who lies down in a ditch when it is warm and wakes up with an “norther” blowing over him.

Any and all of these cases when the B. C. are chilled and those C. chilled and when they are killed, they go back into the blood stream, taking the course that we have outlined, or disintegrated by the heat and moisture of this blood—for heat and moisture are the greatest disintegrators in the world—in any and all of these cases we have all these disintegrated, dead corpuscles coming to the cells of the lungs.

Then we have a cold.

When these disintegrated particles have formed in the lower part of the cells and nature tries to get rid of them, she makes the

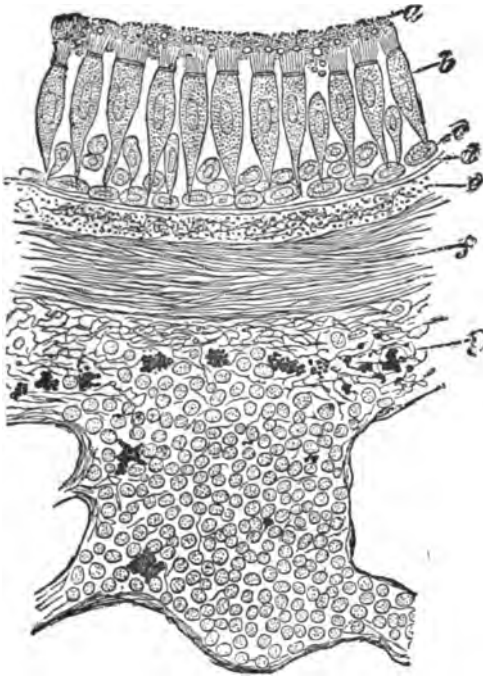


Fig. 54.

Transverse section of part of a human Bronchus.

Magnified 450 times.

*a.* Precipitated Mucus of the ciliated Epithelium.

*b.* Ciliated Columnar Epithelium.

*c.* Deep germinal cells. De Boves Membrane.

*d.* Elastic basement membrane.

*e.* Elastic fibres divided transversely.

*f.* Bronchus muscle.

*g.* Outer fibrous layer with leucocytes and pigment granules (black) below a mass of adenoid tissue.

(From LANDOIS & STERLING'S

Human Physiology.)

In such a condition as "Bronchitis" we find that this mucous is able (so the Physiologists tell us,) to repair and build up this membrane. But, they do not tell us what is the matter with this membrane in any bronchial affection nor what is the matter with this membrane when we have "Lung Fever."

Protoplasmic explains it.

As long as all the other avenues of the body are open we have the bronchial tubes free.

When we have all or part of the other avenues clogged up, we may have the bronchial tubes filled with old material that has no chance to be thrown out elsewhere. And, under these circumstances, we have an inflammation or an effort making of the vital force to send some old stuff out through these tubes and then we have "Bronchitis."

When it cannot get out and stays inside, then we have this material settling in the bottom of the lung cell and irritating all the lungs and when the vital force undertakes to get rid of this matter we have what is called pneumonia. The fever is always the same.

An effort of the vital force. But, we have in the difference of the place where the effort is made some different symptoms and so with dizzy blindness, we have a new name because we see the effort in a different part of the body.

effort. And we may have what is called, first a cold, next lung fever.

Observe now, that if these dead B. C. were carried to the pleura, or the covering of the lungs in one place, we should have what we call an attack of pleurisy.

But if these C. are carried to some portion of the head and come out as discharges from the head, nose and throat, we have the cold. We cough and spit. And if we have an excess of starch in the body—we have what is known as CATARRH.

Of course, the doctor never explains this. Why should he explain?

In the case of the child if these C., now dead and disintegrated, should come up into the windpipe, we have a case of croup, or, if it is a man who has been in the habit of drinking coffee and a glass of beer once in a while, with some other indiscretion, nature or the V. F. may send these particles to his wrist or his knee and there they shall swell, become painful and red, and we shall have what is called rheumatism.

In the case of the child that has been active and gone in swimming and bathing, his knees getting wet—clogging the pores of the skin—these particles may settle in the knee and we shall have white swelling.

In case of a girl who has been unwell, these particles may go to the ovaries (see Female Diseases) and there form a bunch and the doctor, after examining her and asking her all sorts of things and names and history of her aunts and uncles, and whether her grandfather drove a mule team or not, and finding out how much money there was behind her, will tell her there is nothing to be done but to remove these ovaries.

Or, in the case of the young man these particles may settle over the intestines in the omentum or be carried or deposited there. Or they may be carried to the outside of the intestines through the walls of the intestines—because he is constipated and is using foods too starchy and his intestines become clogged and these particles putrefy or take on oxygen and ferment and he has pains.

Then the doctors, after they have examined his pocket-book and seen how much money he has in the bank or whether there is any chance of squeezing it out of the father, tell him that there is a little tail down at the end of the cecum which has become inflamed and he has the appendicitis. All these results may come from a cold.

When we kill the B. C. and wherever they go, there the doctor—with his Latin and Greek, his fetiche, and his spook, his germ

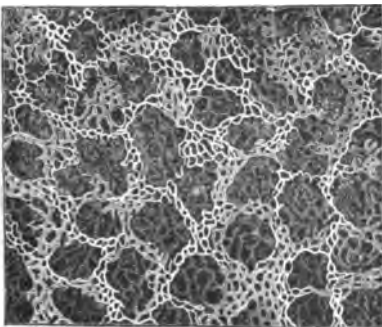
and his cocci, his dignity and smoothness, his glasses and his gold watch, his society and the devil all behind him—conspire to blind the brain of the thinker and leave him in ignorance of the natural causes and results.

The wise shall understand.

In some of these cases, the disintegrated matter may settle inside of the cells of the lungs and when it gets into the inner parts of these cells, we shall have a disease with some fever, short breath, tightness, cough, spitting—from this matter being lifted out by the air which goes into the cell of the lung and, in this condition, with quick pulse, while the Vital Force is making an effort to drive out this mass of dead and disintegrated corpuscles which have been killed and have finally been deposited in the bottom of the cells of the lungs. Being dead and disintegrated, made fine by the action of water and heat, they then become decomposed. And putrefy. And smell badly. Nature is trying to get these particles out of the lungs and we have what the doctors tell us is a "disease." But we are telling you that although it may be called "disease," yet it is only a further condition or a sequel from the original condition of cold and this is called Pneumonia.

If the reader will now apply himself to this problem, he can see why that all the talk in the cases of diagnosing a case from one thing to another, does not appear to be so very important to one who thinks of all the body as being under one Vital Force and all

Fig. 55.



Distribution of capillaries on the air cells of the lungs. (From Draper.)

Draper wrote:—

"As the blood to be arterialized passes through the pulmonary capillaries, its discs (blood corpuscles.) can only move in single files, and even then probably undergo a compression which changes their form. As soon, however, as they escape into larger vessels, their elasticity enables them to recover their original shape." (Page 160 Human Physiology.)

When the student considers that, if we have the material (old, dead, disintegrated blood corpuscles that were killed by the cold on the skin) setting around the air cell and unable to pass through, we have a general effort (fever) of the lungs to throw off this old matter. And we have more fever. While if it went into the air cell, we should then have the three stages of PNEUMONIA. Resolution, putrefaction and spitting up grey or putrefied matter.



kinds of troubles as being caused by obstructions in the body. Brought about sometimes from the outside as in the cases of filth and odors or anything that may have been antagonistic to the body or to the vital force and in this next series of cases from having something occur inside of the body which could have been helped if we had known of its far reaching results.

If we can see that what will be the rheumatism of next winter is begun when we take the cold of today: if we can understand that the same cause, cause progressing from one stage to another, until we have cold, lung fever, pleurisy, pneumonia, palpitation of the heart in the woman with inflammation of the ovaries and with what is called appendicitis in the man: or, inflammation in the bowels; winter cholera; grippe or lagrippe; (La Grippe. if the victim is rich and if he is poor, it is simply grip,) white swelling in the boy; hip joint disease in the girl, or diphtheria in both, or, if an egg eater, we can have membranous croup; snuffles first and all through the graded steps to consumption, then we will simplify all forms of disease and make what appears to be a very learned system of jargon, to really be a study of sound sense with reason at the base and facts through to the apex.

Such, is the system we offer to our students. Any one can study and any one can have these facts for the thinking of them. And, because of this system of facts we shall never be ashamed of our positions.

If this set of facts were placed before the nation, in the proper light, we can see that the business of sixty-five thousand doctors would dwindle until there would be but a very small part of the work for them on the continent. And, if in addition, the thinking part, or, what we may suppose is the thoughtful part of the civilized world was convinced that a woman is a being who should be cared for the same as any other animal, and that she should not be robbed and abused while she is unwell and for seven days afterwards, or, during the period of her uncleanness, we should see that instead of having sickness we should have health and sanity. Disease or cripples would only come from accident and would vanish out of our remembrance. Still, these are the facts and only the ignorance of the common people and the cunning chicanery of the doctors prevents the truths from becoming known.

Let us see in all these cases if we can prove this set of facts.

For a cold:—(Allowing that we have a mass of dead and rapidly disintegrating dead blood corpuscles.) Give composition or some other warming and stimulating infusion and keep the body so that the outlets will be open. Pack, if convenient. Give the vapor

bath with cold water shower afterwards, and finally, if not broken up, give a thorough emetic.

Light food, fruits, nuts, not much meat—the less the better—fruit being the best to nourish the body, and in a few days we will see the cold gone. Why? Because we have opened up the avenues of the body and set these old, dead and disintegrated particles out of the system.

Catarrh—Same remedies with same foods, adding, because we have an excess of starch, plenty of lemonade, and we have the catarrh gone from the body.



Fig. 56.

Air Vesicle (or air cells, same thing.) injected with silver nitrate.

- a. Outlines of squamous epithelium.
- b. Alveolar wall.
- c. Young epithelium cell.
- d. Aggregation young epithelial cells germinating.

Fig. 56 shows the air vessels after they have been dilated with Nitrate of silver, after death. When you are in some place where you cannot get your breath, think of the myriads of corpuscles that will be killed by the villainous air you are taking in your lungs.

A person gets a better idea of the air cell by thinking, (which is the fact.) that all air cells are like grapes on a bunch. And, that every cell has direct and intimate connection by a straight passage way from this little cell (of which it is claimed that there are from six hundred to seven hundred and twenty million.) to the outside world up through the bronchial tube and out into the air beyond. If the air is pure and the person is washed all over the body every day, with any reasonable care on earth that person cannot have pneumonia nor any other continued fever. But, if persons are huddled together until these cells become soft and rotten, they can have any disease that is going. All you want to do to make any one sick is to deprive them of good air.

Pleurisy, treated the same way. If we desire to have "specific" we give pleurisy root (*Asclepias Tuberosa*) in infusion or in powder, because this has a fast relaxant influence and opens the pores of the skin and seems to hasten the sweating—and we will have the pleurisy gone.

If it should remain, we give the packs, emetics, injections, warming teas and we soon have the Pleurisy gone from the body.

Rheumatism treated the same way, will surely be cured. And, all attacks of rheumatic fever will surely be soon carried off where we give this rapidly cleansing treatment.

White swelling of the knee, (which allopathy and "regular" science know nothing of, nor of its causes.) can soon be rapidly cured by this same method. One may have to give this emetic every day to rid the deeper tissues of their loads of old repeated colds and dead materials in the system, but it is just as sure as that we will see the sunshine again. It is the following out of the Law and when we have followed out the law, we shall get the results of the obedience to the law.

We shall give the expeditious mode of Diphtheria and of the special treatment for membranous croup, after a little but will just state here, that it all is on the same general order and the cleansing of the system is what brings success in these two diseases.

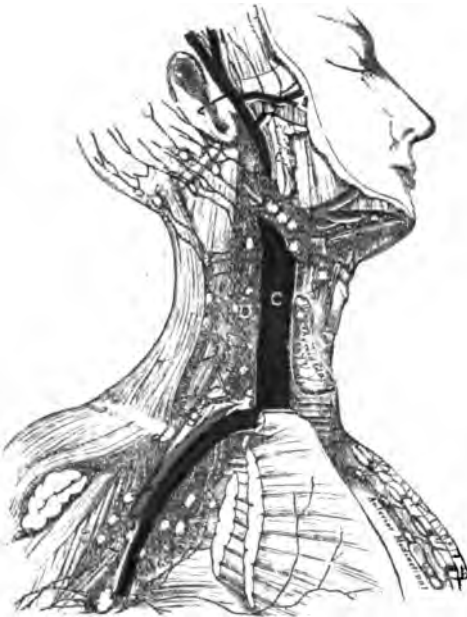
In short, all kinds of diseases that are complicated with the material from dead blood corpuscles are cured by this treatment.

The reader will be puzzled to know what is the real difference between lung fever and pneumonia. The older writers—scientific regulars—used to have very nice distinctions between lung fever and pneumonia. But, in later years, they call pneumonia or pneumonitis (which they divide into lobar, croupous, or fibrinous pneumonia.) to be one and the same thing as lung fever.

If the reader has made himself familiar with the causes of these conditions and has seen that the cause of all these conditions comes from one and the same thing, viz:—a death of the blood corpuscles, which have been killed—either in the capillaries of the skin or by cold in the deeper tissues, he will fully understand that the distinction between lung fever and pneumonia or the different forms of pneumonia depends wholly on the place where these dead b. c. settle. There could be a nice distinction.

That is, if it settles on the pleura, we have PLEURISY; if it settles inside the cellular tissues of the lung, we have *pneumonia*; if it settles—or if it is not able to be sent to the inside parts of the tissues—or inside part of the cell of the lung and this material remains in the capillary, outside of the cell itself, then we may have

**Diseases of the Throat.**



This plate shows the relation of the **THYROID GLAND** to the arteries, veins and lymphatics of the throat. As we suggested in our article on **GOITER**, there is every reason to believe that this gland is a reservoir for the arteries, veins, and the muscles and lymphatics of the throat.

If we take the assertions of the doctors, that it is more common among women (**Goiter**) than among men, we still have the law to follow up as explaining the result. Why so?

Because in women during the child bearing age, they are not taught the laws of purity, and they have **UNCLEAN CHILDREN** and bearing these **UNCLEAN CHILDREN** and nursing them brings the impurity in the system and therefore, all the body is filled with impurities and every available place is filled with these impurities; hence, the **Goiter**.

Our rules for curing the **Goiter** are all right. But, let every man understand the law and his wife nor himself will never have it. The thyroid gland here shown is in its natural state, but we have seen it where it came out beyond the chin in a bunch as large as a baby's head.

It is when these lymphatics (seen as white spots) are filled with undigested starch, that we find the excesses of this material ready at any time to be poured into the throat through the mucous membrane. When we have the **TONSILS** filled and sore we have **TONSILLITIS**. Or this excess comes through

the **PHARYNX** and is in a state of irritation and we call that **PHARYNGITIS**.

But when these starch excesses comes through all the mucous membrane of the throat, and fills the throat full, turning putrid and having an odor of putrefaction, accumulating so fast that we have the eyes pushed out and the nostrils filled up, then we call it **DIPHTHERIA**. The basic or fundamental cause in all these conditions is an excess of **UNDIGESTED STARCH FOOD**.

When it comes out more slowly and fills up the glands of the neck so that they become swelled full, we style these bunches—more especially if they putrefy on the outside and become open sores—**SCROFULA**.

If the parents would give attention to the food placed before the children and give a few moments consideration to the condition of **WATER** that is used and the **AIR** breathed in by these children it would not take five years to eradicate all these unpleasant conditions of **Catarrh**, **Croup**, **Scrofula**, **Tonsillitis** and **Diphtheria** from the world. It is for the interest of the drug dosers that the people do not know.



Fig. 57.



(From Landois & Sterling's Physiology.)

Semi-Diagrammatic Representation of the air vesicles of the lung.

v. v. Blood vessels at margin of alveolus. c. c. Its blood capillaries. e. Relation of the squamous epithelium of an alveolus to the capillaries in its wall. f. Alveolus epithelium shown alone. E. Elastic tissue of the lung.

When any thing is inhaled into the cellular tissue of the lung, this mass, whatever it may be, goes into the lymphatics of the lung and all over it, so that this foreign material is distributed throughout the lung tissue. This is particularly the cases with persons who work in coal mines. The cells of the lungs are filled with these particles of coal and they have a disease which is called "ANTHRACOSIS."

In these unfortunate men, there is chronic pneumonia and the lungs are stained all through with particles of carbon from the coal dust.

Under the conditions of their work, there is no relief for them. Living in sunshine and out in pure air, may prolong their lives a great deal but nothing will accomplish any thing for them until they have pure air and soft water.

Inhalation of dust, odors or smells has a direct influence on the blood corpuscles as well as on the air cells.

what the doctors fifty years ago, would have called LUNG FEVER. Sometimes called "WINTER FEVER."

We ask the reader's patience just a moment while we state that in pneumonia there are three distinct stages. First stage—Resolution.

Second stage of exudation—which is called red hepatization.

Third stage, which is called degeneration, or the stage of putrefaction called "GRAY HEPATIZATION."

We are particular in naming over these stages in pneumonia because, in our mind, there has been a great deal of mystery surrounding these diseases, which, if the reader can once see through, will give him more real knowledge than many a doctor has when he comes from his university.

Observe first, that we have three stages in pneumonia and this is according to the regular science.

One, resolution or exudation; second, where it commences to putrefy in the lung cells; and third, where it is already putrefied and is commenced to be spit up.

We say this knowledge is important because if there is a continual coughing in the patient and a continual rattling or spitting we have pneumonia and while it is being spit up, we may say that it is acute pneumonia and we may know that the obstruction is on the inside of the cell. If, on the contrary, there is no spitting, but a hacking—a tightness of the chest with fever—patient unable to lie on one or both sides—we may decide that there is trouble or obstructions around the cell in the capillary that surrounds the cell.

(Plate 2 gives the scheme of the blood passing around the air cell.)

Suppose, that this blood not only exhales its carbonic acid, but at the same time sends through the cell walls these old, dead, disintegrated B. C. We shall see that in the one case we have the pneumonia proper in its three stages, that is, resolution, deposit and putrefaction, and these three stages correspond to what the regular tells us of the stages of engorgement, stage of exudation and the gray hepatization.

There is nothing mysterious in all this and if the reader fixes these steps or regular progressions in his mind, there will be no trouble about taking charge of any case and bringing it to a successful issue—provided that the lung cells have not become putrefied or disintegrated by the heat and contact of this putrefactive material, which has been deposited inside of the cell itself.

As long as we have it deposited in the pleura, we have simply PLEURISY.

When it is deposited around the air cell without any spitting but with a hacking cough, we have LUNG FEVER. When it is deposited inside of the air cell and there goes through its progression to putrefaction, we have what is called the three stages of PNEUMONIA.

Now, let the reader observe that if there are not many of these disintegrated B. C. and they settle around the bronchial tubes that we will have an irritation set up along the bronchial tubes and this irritation set up along the bronchial tubes is called an inflammation of the bronchii, which in the regular science, is called BRONCHITIS.

If the exudation is higher up and is set out around the pharynx we have what is called pharyngitis.

And if this material is sent out to the larynx and there is a source of irritation, we have what is termed LARYNGITIS.

Thus we see, if we carefully consider the sources from which all these troubles or obstructions arise, that it is not so much a matter of importance to diagnose the particular place where this old material has settled, as it is a matter of knowing how to eliminate these old materials that are irritating the body. Irritating these places.

We do not say that all of these diseases should be classed as one disease; but we do say that if there was an understanding among the common minds as to the cause of all these different named conditions and the idea was made plain to the father and mother that it is the obstruction that should be eliminated—no matter what name it goes by—we shall soon have success in the home practice and allow the doctor to take a much needed rest.

And also, if the parents understand that the common cold is the basis for consumption, pneumonia and all the other maladies that we have mentioned, besides being the base in the body for hip joint disease, ovarian troubles, and a hundred other conditions that we have no time to call over, then it will be seen that the importance of eliminating a cold from the system is paramount.

In cases where the fever is high, the shortness of breath, with a dry, hacking cough, pains over the chest, inability to sleep on one side or the other, loss of appetite, and tongue coated—the following infusion will be found of great benefit:—Pleurisy root, Canada snake root, spikenard, peppermint, lobelia leaf, equal parts.

Put two heaping teaspoonfuls in a pint of boiling soft water, steep twenty-five minutes, strain through a cloth, sweeten a little,



and give two or a three tablespoonfuls every half hour until relieved in the breathing. Increase the dose as needed.

If typhoid symptoms are present, use the elm compound, (form 23.)

If headaches, use injections to the bowels and repeat every six hours.

If the bowels do not move with the injections or there is no response, place one ounce of catnip, one ounce of spearmint, one ounce of lobelia herb in three quarts of water, boiling. Steep, covered fifteen minutes; strain through a cloth and use as much to the bowels as the patient can retain. Repeat, if not all taken.

This may cause some nausea, but will produce a free evacuation, which will relieve the patient very much.

After the injection, if the patient is warm, apply the chest pack, putting on an extra towel wet, about the place on the lungs where there is tightness or where the tightness appears. This pack should be covered and the patient kept in the same condition as in the pack in typhoid, until he sweats or until easy.

There is no possible danger in the cold pack going on the lungs, whether it is pneumonia, lung fever, inflammation of the bronchial tubes—it does not matter provided the symptoms are there that we have described, and the body is warm.

If the patient is a child and croupous and the voice is lost, we may suspect membranous croup, in which case the pack is not appropriate; but in any event do not use hot poultices or hot cloths on the surface of the lungs or anything warm, as it is very apt to assist the putrefaction of the materials already there and hasten the softening of the cell wall which we should be very careful not to do.

We repeat this therefore, that the warm poultices of flax-seed or bran are not good in cases of lung fever, pneumonia or any bronchial affection. Neither are they good, but they are a positive detriment in any cases of lung difficulty. The cold water applications will be found very beneficial, although it seems as if the cold was directly opposite to good practice. In cases of these diseases no food should be allowed, but plenty of drink, all that is wanted, that is of lemonade, orangeade, and water, but no milk of any kind, until after convalescence has been set up.

If the patient is nauseated by this tea, an emetic may be given, and will be found a source of immediate relief. If, however, the emetic cannot be given for any reasons, when this pack comes off, wash in cold water and proceed with small doses of the tea (which

should be made fresh every twelve hours) until the patient drops asleep.

For pains in the bowels, balm can be given or neutralizing cordial. If the patient is a stout person, the tongue is not coated, the elm compound will be found all right.

On the first day in all cases of lung fever, we do well to hold our own and procure some sleep, but these remedies that we have mentioned, especially the pack followed with the emetic, will give relief and have the person very much better within six hours. In an old person the pack can be given one day and the emetic given the next day early in the morning.

I have never been sorry for giving an emetic only in those cases where I followed the old school physician with his drugs. But I have many times been sorry where I did not give an emetic in persons who have been under my charge for two or three days without as marked improvement as they should have had.

I have blamed myself many times for allowing food within twenty four hours after the lungs have been entirely freed. In all cases of pneumonia or lung fever, solid food should not be placed in the stomach until five good days of convalescence. (See typhoid fever.)

If on the second day that one is treating a case of pneumonia, where the spitting is very profuse, a tea of composition made with hemlock will be found very beneficial. If the sputa is tinged with blood, give an infusion of bugle-weed. Where there is no cough, but a raising and spitting, the elm compound is much the safest. Sage tea, if it can be drank, will be found almost a specific for the great weakness that comes on the second day. The cleaning off of the tongue and the clearing up of the complexion are two very good symptoms. Slowness of the pulse and a perspiration all over the body, especially under the knees, indicates that the worst of the disease is over. Enlarged pupils, and flightiness in the head are serious symptoms and relief should be made with injections of bayberry, raspberry leaves and more stimulation to the stomach.

In all these cases cold baths should be given every morning as soon as the patient is awake. All clothes on the bed should be changed.

What we have said about having the room free from carpet, curtains, and fluffy things in typhoid, is applicable here.

Distilled or soft water is imperative. Continually changed air, is the best language in which you can speak to the Vital Force of your patient. 25,000,000,000 red blood corpuscles understand the presence of good air.

# INTERMITTENT FEVER.

## FEVER AND AGUE. CHILLS.

*Special repeated and periodic efforts of the Vital Force to eliminate or throw out effete and noxious materials from the human body.*

*SYMPTOMS:—Chilly sensations—with blue or livid finger and toe nails—bloodless lips—features drawn, pinched or shrunken. Teeth chatter. Shaking of body follows with intense agony of internal and external cold.*

*This is followed by a fever with or without intense headache. Afterwards, we have a profuse sweat. There comes an intermission or a stopping of all symptoms for twelve, twenty-four or forty-eight hours when it all commences again.*

We take the liberty of reproducing from the latest work in allopathy the CYCLOPEDIA of MEDICINE and SURGERY by GOULD and PYLE. Published by P. Blakiston & Sons Philadelphia 1900. This is, or must be, the latest wisdom from the regular school.

If our readers will give this the attention it merits, they will find all evidence needed to prove that the "regular" school is in its dotage of babbling idiocy. That reasoning beings could believe and print such a mass of assertions is beyond belief. Having discarded God, they next proceeded to get rid of any belief in any superior force in anything organic. Under a record of four hundred and seventy years of salivating human bodies for the alleged purification of the body, they have been driven from one point to another until now, they are wholly lost among the bacilli, cocci and supposition. The following article in the next twenty years will be looked at as a memento of the dying days of the followers of Paracelsus—the allos pathos—the poisoners of the last four centuries.

### MALARIAL FEVERS (Malaria.)

Synonyms.—Swamp fever; intermittent fever; remittent fever; paludism. Fievre intermettente; Impaludisme (Fr.) Malariafieber; Wechselfieber (Gr.) Febbreda malaria (Ital.)

Definition.—A specific infectious disease depending upon the presence in the blood of one or more of several species of closely allied parasites (Haemosporidia), which develop within, and at the expense of, the red blood corpuscles of the infected individual, resulting, according to the species and number of the parasites present, in more or less periodic febrile paroxysms or in continued fever.

Distribution of the Disease; climate and telluric conditions under which malaria prevails; manner of infection.—Malarial fever is especially prevalent in moist tropical districts, but occurs in almost all parts of the world, being absent from the coldest

regions only. The most pernicious forms are seen in tropical Africa, India, South America; the East and the West Indies; here the disease prevails throughout the year. In temperate countries malaria is most prevalent during the later summer and early fall. Moisture favors the development of the disease, which is particularly frequent in lowlands bordering upon rivers, lakes and marshes; it is rare in mountainous districts. Drainage and cultivation prevent the disease, while extensive turning up of soil often gives rise to an outbreak. In malarious regions unaccountable cycles of variation in severity and frequency of the disease often occur. It has been noted recently that mosquitoes prevail in all regions and under all conditions favorable to malaria. The dark skinned races are much less susceptible to the disease than are the whites.

*The manner of infection* in malaria has been the subject of much speculation. There is strong evidence against the idea that infection takes place through the gastrointestinal canal. That infection takes place through the inspired air is an unproved hypothesis. An important manner of infection is, probably, through the bites of mosquitoes. The experiments and observations of Manson, Ross, Grassi, Bignami, and Bastainelli have shown that certain varieties of mosquitoes are normal intermediate hosts of the malarial parasite, which undergoes a cycle of existence, lasting about ten days, in the walls of that insect's intestine. At the end of that period large numbers of sporozoids become stored in the cells of the salivary glands, from which they are introduced into the human body with the bites.

*The period of incubation* lasts apparently from several days to several weeks.

*The Infectious Agents.*—The parasites causing malarial fever were discovered in 1880 by Laveran. They have since been shown to belong to the class of sporozoa, order of Haemosporidia. Three distinct species of the parasite have been differentiated: (1) The tertian parasite; (2) the quartan parasite; (3) the estivoautumnal parasite.

The first two parasites are associated with more or less regularly intermittent fevers; the last variety with fevers which may be regularly intermittent, but are more often irregular or continued.

1. *The Quartan Parasite.*—This organism exists in the blood in great groups, all the members of which are approximately at the same stage of development and pass through their cycle nearly in unison. The cycle lasts almost exactly seventy-two hours, at the end of which time the parasites which have reached maturity undergo sporulation, the fresh pores attacking new corpuscles. Sporulation of a group of parasites, if it has reached a sufficient size, is always associated with a paroxysm in the infected individual. The immediate cause of the malarial paroxysm is thought to be the liberation of some toxic substance, probably by the parasite at the time of sporulation.

Not infrequently two or three groups of parasites are present. When this is the case, they almost always reach maturity on different days, resulting in paroxysms on two successive days, with a day of intermission between, or in daily paroxysms. Very rarely the presence of multiple groups causes irregular or continued fever.

A certain number of full grown forms do not, however, segment but accumulate larger, coarser, pigment granules, and develop gradually into an ovoid or crescentic shape, about which the rim of the red corpuscle may, with difficulty, be distinguished. Usually only a bit of red blood corpuscle is visible, hanging from the concave side of the crescent. At times these bodies may be seen to change into red forms with a central clump or ring of pigment.

*The Flagellate Forms.*—In all three forms of parasites delicate motile filaments may develop from certain full grown forms. In the estivoautumnal organism these come only from the round bodies derived from crescents. Their appearance is preceded by extremely active dancing movements of the pigment granules, after which suddenly from one to four of such filaments, two or three times the length of the diameter of the red cell, break out from the periphery. These are at first attached to the mother body, but often break loose and swim about with active serpentine motion. In several

instances these bodies have been observed to penetrate other full grown parasites. The significance of flagellate bodies has long been a question of dispute. The remarkable observations of McCallum, however, make it extremely probable that they are sexual elements, the penetration representing a process of fecundation. It is apparently only these fecundated bodies which are capable of undergoing further development within the stomach wall of the mosquito.

*Symptoms.*—The symptoms of malarial fever differ according to the species of parasite with which the individual is infected.

*Quartan Fever.*—In infections with a single group of the quartan parasite the symptoms consist of regularly intermittent paroxysms occurring every fourth day nearly at the same hour. The paroxysm consists of three stages: (1) chill; (2) fever; (3) sweating. The entire duration of the fever, which begins often before or during the chill, amounts to as much as ten or twelve hours in severe cases. The chill varies greatly in intensity, and may be entirely absent, though chilly sensations are present in over 95 per cent of the cases. This is followed by a sensation of extreme heat, which may last but a short time to several hours. Both stages are often associated with severe headache, pains in the back and extremities, nausea, vomiting, and sometimes diarrhea. The febrile stage is usually succeeded by profuse sweating. The temperature rapidly falling, generally to a subnormal point. The patient experiencing great relief from all his symptoms. Between paroxysms the temperature is usually subnormal.

Infections with two or three groups of parasites following on different days, resulting in paroxysms occurring on two successive days, with a day of intermission between or in daily paroxysms are common. Occasionally irregular or continued fever, as a result of infection with multiple groups of parasites, may be present.

*Tertian Fever.*—The paroxysms here occur every other day. Infections with two groups of tertian parasites are very common, resulting in daily paroxysms. Multiple infections with irregular fever are rare.

Tertian and quartan fever are the commonest types in temperate climates, and in the more severely malarious regions prevail during the healthy season.

*Estivoautumnal Fever.*—Estivoautumnal fever is the prevailing type in the severely malarial districts of the tropics, and occurs in temperate regions only at the height of the malarial season. The manifestations differ from those of tertian and quartan fever, (1) in that the paroxysms are, as a rule, much more irregular; (2) they are much longer in duration; (3) the chills are more frequently absent; (4) the fever is often irregularly intermittent, remittent or continuous in character, owing probably to the presence of multiple groups of parasites.

In its youngest form the quartan parasite is represented by a minute colorless disc, about 1 mm. in diameter, lying within the red corpuscle. This shows more or less active ameboid movements. As it increases in size the activity of the ameboid movements diminishes, and fine, dark pigment granules begin to develop. These show a lazy motion in the younger forms, but are almost motionless in the adult bodies. The pigment granules lie about the periphery of the parasite, the outlines of which are usually quite distinct. The red blood corpuscle tends to retract about the growing organism, and sometimes assumes a somewhat deeper, slightly grassy color. At the end of about three days the parasite reach a size about two-thirds of that of the normal red corpuscle, while the rim of the retracted corpuscle becomes almost imperceptible. At this state the pigment begins to collect toward a single point, usually at the center of the parasite, flowing in the radial lines. The organism then breaks up into from 6 to 12 radially arranged leaflets, surrounding the central pigment like a rose. Finally, the surrounding shell of red blood corpuscle ruptures and the separate segments spring apart, appearing as small, round colorless bodies. These represent complete young parasites, and immediately attack new red blood corpuscles, to pursue again their cycle of existence.

Not all adult bodies undergo segmentation. Some become vacuolated and fragmented, the process indicative probably of degeneration. From other full grown bodies

there are developed at times, actively motile filaments [flagella], which will be spoken of later.

2. The Tertium Parasite.—The tertium parasite, like the quartan, exists in the blood in great groups. Its life cycle, however, lasts but 48 hours, so that sporulation occurs every other day. Infections with multiple groups, causing irregular or continued fever, occur, but are rather uncommon. The tertian parasite shows certain morphologic differences from the quartan organism. In the early stages the parasites are more actively ameboid; the pigment granules are small, more motile, and show less tendency to accumulate about the periphery of the body.

The parasite is pale and less refractile, and at maturity reaches a larger size. The surrounding corpuscle expands with the growth of the parasite and becomes progressively decolorized. At segmentation the pigment does not flow in toward the center in such characteristic radial lines as in the quartan organism, while the number of segments is materially larger, ranging usually from 12 to 20 or even 30.

3. The Estivoautumnal Parasite.—The estivoautumnal parasite differs from the above mentioned in that the regular arrangement in groups is less frequent. When this is the case at the beginning of the attack, multiple groups, as a rule, rapidly appear, resulting often in the development of irregular or continued fever. The parasite of estivoautumnal fever is smaller than the tertian or quartan organisms, and only the earlier stages are to be found, as a rule, in the peripheral circulation.

The later stages and segmenting forms are only to be found in internal organs, especially the bone-marrow, spleen, or, in some pernicious cases, in the brain or intestines. The earliest stages are represented by very minute, colorless bodies, which often are sharply refractive, and frequently assume a ring-like appearance. Commonly, these ring-like forms show rapid transitions into disc-like or actively ameboid bodies. The amount of pigment is relatively slight, the earliest granules being so minute as to be almost imperceptible. At full development the parasites may be no more than half the size of a red corpuscle. Segmentation occurs in the same manner as in the tertian parasite.

When the fever is regularly intermittent, the paroxysms are usually about 48 hours apart; the intervals, however, may be as short as 24 hours and in other instances longer even than 48. As a general rule, the longer the interval, the longer is the paroxysm which may, in some instances, last more than 36 hours. When the fever is irregular and continuous and chills are absent the clinical picture may closely resemble that of typhoid fever.

The spleen line is enlarged in all forms of malaria, and in the majority of instances it is palpable. Herpes on the lips is common. Urticarial eruptions are occasionally seen.

*Pernicious Fevers.*—With severe estivoautumnal infections the malarial paroxysm may assume an extremely malignant, and often rapidly fatal, form. These intense infections are often referred to as "pernicious." There are several well-recognized types of pernicious fever.

When this writer first went from college back to the preceptor with whom he studied, he asked the old doctor what made a chill and the following passed between them:

Old doctor, "Have you been to college and got your diploma?"

The writer, "Yes, I think so."

Old doctor, "You are sure you got your diploma?"

The writer, "Yes."

Old doctor, "Well, now, if you want to know about chills you just read in your books."

And the writer commenced to read books in 1861 and has been

reading ever since to find out what caused a chill and what we have copied in regard to malarial fever has as much sense as anything that the "regular" ever wrote. And if we had any enemy that we wanted to condemn, we would not ask for any more evidence before a jury of men, than their foolishness, stupidity, and absolute ignorance of the condition of what they term "malarial fever" which we have already quoted.

According to their assertions all kinds of chills are made by a parasite; all fever is made by a parasite; a chill is made by a parasite; a breaking out over the surface is made by a parasite: and a perforation of the bowels is made by a parasite; in short, they have run into germs, parasites, cocci, until they are absolutely at a loss what to say next. Until they have no sense.

As a matter of fact, there is no possibility of this being the truth.

We might give plenty of negative evidence regarding the spores from mosquitoes into the blood not causing chills but would not be necessary. There is no more venomous place for mosquitoes during the spring time, than in the St. Lawrence River.

The writer has been up and down that river and has been bitten by a few mosquitoes and has seen other men bitten. Who ever heard of a person having chills, that is, as a general thing, along the St. Lawrence River?

That is, chills in comparison to men who work among the trees in the south.

Another fact:—We every day see the colored persons in the south getting bitten by mosquitoes and they seldom or never have the chills. Because they are somewhat used to these bites. Let any man breathe air and become hot and cold and have the blood chilled or let him eat plenty of chicken and we will promise him an abundance of chills.

On the other hand the writer has seen in the mines of the Orinoco River three hundred miles from its mouth, persons who work in the mines have the very worst kind of chills—who were never bitten by mosquitoes.

The fact is that when the regulars discard the vital force, they discard the very foundation of anything scientific, truthful, rational, or sensible.

The writer has never seen in any book any reasonable explanation for the condition of intermittent fever or chills and fever, or what has been commonly termed *ague*.

When one has looked on the body of a person coming down with a chill; has seen the finger nails turn blue from the receding of the

blood; the lips turn white; the blood recedes from the extremities, patient seems to shrink up and little tremors run over the body—a short time elapses—the teeth chatter, the patient commences to shake and these paroxysms last from one to three minutes with all the agony almost; that a body is capable of enduring—to see them endure that for an hour or two and get gradually easier.

The nails commence to get pink, the body becomes flushed and as soon as they can talk, you hear them ask with a voice husky and dry and with parched lips for a drink of water.

To hear such a victim complain of a headache, see the violent fever, which may last another hour or two and then see the profuse sweating that comes over that body until every rag is wet and even the bed clothes and bedding are moist from the perspiration—and then to think that all this is caused by a bug?

What a horrible animal this bug must be anyhow.

All this is stupid and there is no sense in it. Any person who is familiar with the operations of the human body would reasonably know that the presence of a germ or parasite, no matter how many silvery names that may be given it, would never produce all these symptoms exhibited. These symptoms are made by forces in the body, and yet we have never seen any reasonable explanation of these symptoms in any book by any person in forty years of medical experience.

We will now give the reader our theory of a chill.

It may be somewhat complicated, but it is a good working theory and one that brings success to every party that has it and the students of protoplasm where they have gone, have never failed to break up the chills and restore the patient to complete health in about half the time that the allopathist would be loading his gun with quinine, arsenic, or muriatic acid.

This is the theory.

The liver is an organ which in the human body weighs from two to four pounds. It occupies a place immediately below the diaphragm and into this organ nearly all the blood of the lower extremities passes before it goes to the heart.

It is almost certain that nearly all of the blood which may come from the lower extremities is strained over before it goes into the heart.

In reality, we believe that the corpuscles coming through the ascending vena cava have an opportunity of going into the liver and depositing the wastes and worn out materials that may be in their bodies, and this waste and worn out material passes into the cells of the liver and we find it, upon examination of the liver cells,



bile, glycogen or any other material not named, exuded or deposited from these blood corpuscles. We do not believe in the liver as a secretive nor an excretive organ by itself. It is both secretive and excretive as the vital force chooses to use it.

When the corpuscles pass through the liver they leave something in the cells of the liver. If the liver becomes too full or engorged or has more than it can hold, the spleen gets a part of it.

We have proof of this fact in the administration of quinine. After a person has taken quinine for some months they will have a swelling of the spleen and when quinine was taken without much regard to dose there was an "ague cake." An "ague cake" was simply an enlarged spleen. We can, almost prove in the simple use of quinine, that the spleen is an appendage or reservoir for the overflowing of the liver.

When the liver becomes full of excess of old material—dead blood corpuscles or excessive carbonaceous materials and there is no other way of sending this material out from the body—the vital force opens the common gall and bile duct and allows this excess of old material to pass into the second stomach.

It is of no consequence whether the gall has been engorged, which we reasonably may suppose was the case, or whether the liver alone was filled to repletion or both of them.

The time comes, we say, when the liver sends out of its excesses the old material which it can no longer store up.

This material passes into the second stomach, from there to the intestines, which it fills full.

It is a foreign, cold, bitter material that is of no earthly value to anyone.

The only thing the liver can do with it is to send it out into the second stomach through its only outlet, the common gall and bile duct.

When this material has gone into the intestines the lacteals take it up and it is passed directly to the heart.

Having been taken up by the heart, it is sent to the lungs, from there passed back to the heart and thence all over the body.

The corpuscles take it wherever they go.

They are laden up by this old bile.

When they go to the ends of the fingers or the ends of the toes this material is too thick and too cold to have a rapid circulation; so it clogs in the capillaries, and we see the blood apparently settling under the finger nails, the end of circulation and partial obstruction is made by this thick and cooled blood.

As this affects the nervous system the patient feels cold.

Very soon this coldness affects the spinal column, there is no warmth in the body from the presence of this cold and thickened material and the patient commences to shake.

The vital force sends a message to the head if this material is cool, its temperature below natural and we are now in the middle of a chill. In a very short time the vital force makes an effort to send this blood away from these extremities. The corpuscles take up this old material and land it back in the liver and while it is landing it back in the liver—there is an increased fever or an effort of the vital force—we have the fever and the chill is gone. The material is now in the liver again.

Being wearied with its exertions, the vital force now thoroughly relaxes every tissue of the body and we see the excessive perspiration coming out through the skin. The next day or the day after the vital force tries the same act over again and we have a repetition of the chill, fever, headache, and the sweat.

In South America for relaxant conditions and liver troubles they drank the water in which had been steeped the cinchona bark. Jesuit priests carried this knowledge to Spain, from where it was carried all over Europe. Modern science says the power of this bark stopping the chills must lie in some active principle, so they have selected this cinchona bark and have made what they term "sulphate of quinine"—or quinine.

The "regular" comes along and he gives from five to twenty grains of quinine to the unfortunate, who has the chills, and drops a dose of calomel after, with the full assurance that the body will not chill any more.

Why does the quinine stop chills?

Because being bitter and astringent, it clogs up or shuts up the mouth of the Ductus Communis Choledochus, and having stopped up this duct with the astringent agent, the liver will, of course, not send out any more of this old material and there will be no chill.

If, however, the "regular" cannot stop this chill with quinine his next remedy is arsenic. Arsenic will kill a whole lot of blood corpuscles and will paralyze the liver so that it cannot contract and then, according to the "regular", arsenic is a very good remedy for chills. Between arsenic and quinine and the use of calomel, they rarely allow a man to pass the age of 50 before he has been salivated and is a candidate for cirrhosis of the liver, which means a hardening of the liver, caused by the excessive use of this drug, quinine, or with mercurial preparation and potash.

So far as we know the "regular" never eliminates anything

from the body. He is always making faces at symptoms and his shibboleth is that the most virulent poisons are the best medicines, so what he cannot do with one he tries to do with another.

The proper treatment of intermittent fever or chills and fever or ague is to thoroughly cleanse the body and clean the liver out.

No agent on the face of the earth is so good to do this as a thorough emetic. Give the emetic every morning early and do not allow any food until after the chill time is past. Allow all the drink needed but get the emetic down and at work before the chill time.

After the emetic you can put a stick in the wash bowl and lift up what we suppose the "regular" might call the "estivoautumnal parasite" or any other bacilli that—according to these regulars, caused the chill, but according to our theory, is simply refuse of the blood corpuscles—the excrementitious matter from the liver and the spleen.

An injection may be used at bedtime if the bowels are not loose.

This injection may be of catnip, or of raspberry leaves, or pennyroyal, or any other stimulating agent.

An injection of four quarts of warm water will do much towards cleaning out the colons and leaving room for the rest of the effete material to go down through the intestines.

An emetic every day will cure any chill or fever and ague case in a very short time and restore the body to health by relieving this engorged and stopped up liver and spleen.

A specific for chills may be given as follows:

Put one ounce of coarsely ground culvers' root and 25 grains of good cayenne into three pints of soft water, cold, bring this to a boil and boil hard twenty minutes.

Strain this and sweeten it. For an adult let them take three table-spoonsful every half hour, commencing three hours before the chill time.

This will cure nearly every case of chills and break up every case of intermittent fever in a very short time. Persons who are subject to chills should wear Jaeger band around their bowels and live on a diet of nuts and fruits.

There are many kinds of fruits which for some persons are provocative of chills and the eating of a little pear that grows on some kind of cactus in Texas and Mexico will produce a chill within two days.

Any person who lives in what is termed a "malarial district" or district where the air is laden with the putrified elements of vege-

tation, is apt to have the liver engorged, and as soon as it is engorged they will have the chills.

Persons who are very warm through the middle of the day and then chill at night without proper bathing of the skin are liable to have chills.

After a person has taken quinine for the chills they may go to a different latitude altogether and with the least exposure these chills will come on again.

The proper method of preserving the body without danger of chills is to eat such fruits as are beneficial to the body with the nuts and clean meats and fish. Take a bath all over every day in cold water and do not take any indulgences in any excess, especially alcohol or tobacco.

For many years the writer has had the belief that coffee as a constant drink, has a predisposing tendency toward the enlargement of the liver, which precedes many forms of fever. It clogs or shuts up the common gall and bile duct, leaving the glands of the stomach and duodenum clogged and inactive. A proof may be seen in the color of the skin of coffee drinkers. Coffee also must astringe and tan the lining of the urinary tubules and as a proof of this action we see the half bloated and puffy appearance of those who use coffee twice or thrice daily.

When these chills become profound and the patient assumes a livid color, with an agony that we will not attempt to depict, these conditions are called congestive chills.

Many of these conditions are brought about by habits of exposure or excesses in one way or the other and the system has become very much weakened, while the liver, gall bladder, spleen as well as the entire capillary system have become filled with effete matters, or excesses of starch food. Sexual excesses are also provocative. No one agent has produced so many CONGESTIVE CHILLS as the Sulphate of Quinine. This agent, after being taken for a number of months completely shuts up the liver and gall duct. When the time of reaction comes we have the effort made to cleanse the liver and we have the Congestive Chill.

Persistent stimulation with the careful emetic to follow as soon as the chill is over is the best practice. A quick remedy is Wild Cherry Bark, an ounce, one-fourth teaspoonful of pure Cayenne. Both steeped in a pint of soft water ten minutes. Given in doses of two to four tablespoonfuls every ten minutes will cut short any congestive chill. When the chill is over proceed as with any common case and thoroughly cleanse the body.

## RHEUMATIC FEVER.

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Rheumatic fever is an effort of the body to carry off old materials which have been in the system and is characterized by pains in various parts of the body. It may be in the hands, shoulders, knees or hips. It may be on one side of the neck or the other.

The most embarrassing of all phases of rheumatic fevers are those which accompany child-birth. If there are rheumatic pains of any sort during the process of parturition, the case is complicated, and under the old school, the mother or her child would lose her life.

In any case of rheumatism or rheumatic fever, the fever itself can be treated by the same steps as typhoid; the same diet; and the same general care.

For applications to the parts, cold water towels, slightly wrung out, placed directly on the aching part, are the best applications we know of.

If the pain is severe, lose no time in giving a thorough emetic. Follow this up by an injection to the bowels.

Give the body a good washing in cold water, change all clothes, and you will find that the rheumatism is gone.

Where the fever comes up every day and there are chills with it, treat it as if it were intermittent fever, which see.

If the pains are continuous and the person is robust, a daily steam bath can be given followed by a copious emetic. After the emetic, a cupful of wahoo, or in case the skin is yellow a cupful of cherry compound may be given. Cherry compound is a specific for rheumatism but no one need to expect to get rid of the rheumatism as long as the effete material is in the system, and while it may take some days to get rid of this superabundance of effete and worn out material, it is a sure thing if followed up.

The writer has taken a case of severe rheumatic fever that occurred 100 miles away from home and given an emetic immediately upon this arrival at midnight. This emetic occupied about two hours. Had him washed all over; cotton applications taken off his hands; clothes changed; and had him fast asleep by three o'clock A. M.

Repeating this emetic every day, brought the gentleman out in a few days without any trace of his disease returning since.

By examination of all these fevers, we find that the fever itself is an effort to overcome or throw out, or eliminate from the deeper

tissues, excrementitious materials which are irritating the vital force.

In chronic rheumatism without any fever the same steps may be taken, not so heroic, persistent or continued, but in broken doses, as it were, until the system is purified of its effete material.

The regular way of treating by the old school is to give calomel, iodide of potash, salicylate of soda, or any other old preparation, which they have in mind; never forgetting a dose or two of calomel and a dose of quinine, when they do not know what else to give.

In fact a large proportion of what are called rheumatic cases may be attributable to the result of drug giving and patent medicine taking of the American people.

In any case of rheumatism, pork, potatoes, coffee and tea should be positively forbidden as a diet. Persons who are strong, or of a robust disposition, might use the drilling a week, but we do not advise this, if the steam bath and emetic can be used.

After recovery, a daily cold bath should be persevered in and an avoidance of starchy foods should be kept up for, at least, a year.

Sciatica and Lumbago are a species of Rheumatism and from the same causes as have been mentioned.

When a part becomes weak or has been strained from any cause, we may have the rheumatism in that part. And, if we know what it is, we can remove the cause from the system and we will have a cure.

White Swelling, which the doctors call "Tubercular Arthritis," because one medical gentleman by name of Koch thought it had to have a bug cause it, is of the same nature and should be treated in the same manner. It can be cured if not too far advanced. Active treatment should be made every day and as soon as it is possible, we should have the person packed all over one day and the emetic the next day.

Where we have swelling of the joints and a stiffness of the joints—or have a stiffness of the muscles and joints both, it is the fashion to call in a doctor and hear him call this condition **MUSCULAR RHEUMATISM**.

As a matter of fact every person has Muscular Rheumatism if they have any rheumatism whatever; because all material that is the provoking cause, is situated in the muscles as well as in every other tissue. When these joints are stiffened, they are stiffened by deposits from hard water or from baking powder, soda and potash from the doctor's medicine case. Such patients require soft water; some settled plan of action to get the excessive settlings of lime out of the body as quickly as possible.

These settlings are deposits and are foreign to the system.

# BILIOUS FEVER.

## REMITTENT FEVER, or BILIOUS REMITTENT FEVER.

Bilious fever, like every other fever, is produced by the V. F. in the preparation of carrying off some obstruction, or noxious material out from the system. It is usually called remittent fever, and is very common in the south-western states and territories.

*Symptoms:— Offensive breath; sick at the stomach; weakness; headache, sometimes on top and sometimes in the front; sometimes a chill may be succeeded by a fever and profuse perspiration; tongue coated with thick, yellow fur and not always, intensely red edges; eye-balls yellow; hands may appear as if swollen; ringing in the ears; wakefulness; bloating of the bowels over the liver; sometimes vomiting; great nervousness; scantiness of the urine, or urine very thick, sometimes bloody; dryness of the throat; and all these symptoms sometimes rapidly pass to be followed by a coma or stupor and the patient sinks at once.*

*If, however, the patient lingers along day after day, there will be distinct remissions of the fever and the headache, for perhaps six or twelve hours when they will come back. If the patient is getting better there will be a longer time between the recurrence of these symptoms until finally one after another of them will disappear and the patient recovers.*

**Treatment:—** At the first outset of this disease it is the custom of nearly all classes of physicians and the patient himself, to administer what they term a cathartic or physic to clean out the body. When this physic has acted then they suppose they have done so much in cleansing the intestinal track. This idea has been so studiously instilled in the minds of the common people that to say a word against this treatment before the physician or before those whomay have charge of the patient, subjects one to be immediately charged with ignorance.

And yet, we affirm that there is nothing more deleterious to the body of the patient with remittent or bilious fever than to give a cathartic or physic.

First, this physic is an irritant. It irritates the stomach into passing out of what may be inside as well as making way for the gastric arteries to throw into the stomach waste materials, which come through the gastric follicles and peptic glands and should have been retained in the general blood stream, if the blood had

not been irritated and the gastric follicles and peptic glands opened by means of this offensive and irritant cathartic or physic.

Second, nearly all of the preparations that are given as cathartics are mixed with narcotics and a depressant. For instance an opiate is often given with a cathartic. Strychnine or opium are given continually, many times with calomel. All pills contain some narcotic and these poisons are very deleterious to the inside lining of the stomach and the intestines.

Third. After the action of this cathartic we find that the bowels are weakened and shrunken, that is, they are made smaller.

Fourth. The result of this irritant on the mucus parts of the intestines is to dry up the secretions, because, the cathartic by its irritant action has taken out much of the natural juices of the intestines; thus, leaving the intestines not alone shrunken; and made smaller but, also dried up because of the lack of the natural juices of the intestines. (Sometimes called succus entericus.)

As this idea is altogether new we desire to explain why the intestines, after they have taken physic, should always become smaller. Observe, that all intestines, the stomach and the entire tract through the bowels have four coats.

Coming from inside outwards, we have the mucous, serous and two muscular coatings.

When we have the muscular coats, we have one coating which goes round the intestines and this is called the circular layer. Another runs lengthwise and this is called the "Longitudinal layer." And both of these coatings are filled with what are called muscular striata.

In other words, these coatings have the muscular layer in them so much that they are called muscular.

All muscles are composed of little diamonds, inside of which dwells the vital force. Of course, we will not stop to explain how these little diamonds shorten up and then stretch out again because we shall do this further on when we come to the inflammation of the bowels. But, right here we would say that these diamonds contract and stretch out again and this makes the muscles long or short. Every time you stretch out any thing in the body, the V. F. elongates or stretches out these diamonds. And doing this, is called MUSCULAR CONTRACTILITY. If one did not have this muscular contractility, then we should be stiffened up. And could not use these muscles in walking or in doing any thing unless we could have these little diamonds elastic enough to stretch out and contract again.

Dr Jacob Redding of Indiana discovered the source of this



muscular contractility and has given in the scheme which we present in the article "diseases of the bowels."

Fig. 58.

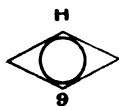


Fig. 59.



Fig. 60.

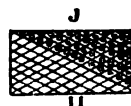


Fig. 58 exhibits an elongated diamond or the muscle stretched out.

Fig. 59 shortened up muscle.

Fig. 60 the source of muscular contractility is shown in small circular spaces inside of the diamonds.

After physic has been taken and the muscular coatings very much irritated, these muscles become permanently contracted.

In addition to this fact, we have the opiates driving off the Vital Force from all parts of the intestines.

When we take physic, we irritate these muscular coats and the vital force makes them contract. When once they have contracted, they will not stretch out again as quickly as before and then we find that some of the natural juices have been sent out from the bowels and we do not have as much as we did before we took the irritant. And these little diamonds are contracted and we have the muscular coatings shrunk up and they are not as large as before. And the whole bowel is smaller from this irritating action of the physic. The more physic one takes, the smaller and weaker the bowels become. Unless, indeed, they become so weak that they are flabby. In which case we will find the bowels very large and soft and the abdomen filled with very much old and effete or worn out material.

Fifth, which we consider the most important of all objections in all cathartics is the fact that as soon as the reaction of weakness comes, after the action of the cathartic, we find the small apertures which we have so persistently laid before our readers in the preceding cuts, are shrunk or made smaller and there is no outlet, or certainly not so much of an outlet from the general blood system of the inner part of the intestines, through the walls of those intestines as there was before this detrimental cathartic was taken. This is especially the case with the colon and must also be the case with the small intestines.

For, if one will attentively consider the method by which the juice of the food is taken up or absorbed through the lacteals and passed through the walls of the intestines on its way to the thoracic duct, we shall see that any article that irritates, dries up, destroys, or prevents the ingress and egress of liquid through the walls of the intestines will do a damage to those intestines.

For, it is through these little apertures that nearly all of the daily operations of nature are carried on.

Consider that all the food goes through these little holes in the intestines on its way up to the heart and lungs.

Again consider, that all or nearly all of the refuse that is thrown out from the body, comes through these little holes (called glands and orifices. You can look back and see them everywhere that there is any representation of the intestines.) and there passed into the small intestines and colons and we have what are called feces or the excrement. This is not all composed of what we ate the day before; but is composed from all and every kind of waste in the body. When we move a muscle, there is some waste in the body and all this is passed (all that does not go through the skin and kidneys,) into the bowels and there passes off with what remnants of food that are not taken up by the lacteals.

By considering this scheme, we see that these little sets of holes through the intestinal canal are very important. And we are asserting that when these apertures are clogged up as they always are with physic or any thing irritant, that they clog up these little glands or orifices. Destroy their intelligent action. Contraction in these little orifices, means that we will not have good digestion. And we know that after we have taken physic, we do not have as good digestion as before we took the irritating physic.

Not alone is this true and more of it, but it is the fact that after the cathartic has been used and the intestines have been made smaller, that we have twenty-five feet of intestines. which can not be as well used as a sewer or a closet for the B. C. through which to empty their effete and worn out material as they could before the physic was taken.

At the very outset we see that this cathartic is the agent by which the disease is fastened upon the body, or rather the condition that we are hastening to get rid of, is fastened upon the human body; for if we have twenty-five feet (for the intestines are five times the length of the human body) and we have destroyed the elasticity of this lengthy tube, we have cut off one of the main avenues through which the B. C. can cleanse themselves.

This fact, of course, applies to all other kinds of fever, but more especially to bilious remittent fever, which is really an easy fever to treat and one that can be broken up very soon by appropriate means.

The proper treatment is to at once cleanse the body. That which we have called the seventh step in typhoid, or the emetic,

should be immediately used in a most thorough manner. Injections every night and emetic every morning with care as to the food, change of all clothes, pure air, and soft water will soon bring the person into convalescence.

Symptoms may be treated in the same manner as typhoid.

Eruptions, if there are any, may be bathed in soda water. And the general treatment of typhoid may be accepted as appropriate in all cases of bilious, remittent fever. Should there be chills early in the morning, get the emetic down before the chills come on and you will break the chill up.

Many forms of fever seem to have remissions. When these fevers seem to come up quickly in the child or adult and passes off quickly, we may suspect that there are obstructions of the liver. Or gall duct. You may be sure of it, if the skin is yellow or putty colored.

Such cases can have packs on going to bed—sage tea in the morning. Spice bitters before eating. Four hours after eating, there should be an injection to the bowels.

If there is wheeziness in the lungs, give a cupful of spearmint tea and repeat it every half hour, until all the wheezy sound has gone.

Under any circumstances, be sure that your medical man will dose the patient with Aconite, Belladonna, Opiates and Strychnine. These are the common medical agents. Shun them and shun the medical priest who gives them.

The injection, the pack and the herb teas will bring the patient out safely, while the doctors' poisons kill the corpuscles and leave the seeds of future disease in the system. Investigate the causes and you will be wiser than all the medical, scientific graduates, who believe in a bug—try to kill the bug and oftentimes kill the patient.

The prevention of this fever is by daily cold baths, appropriate foods, and the avoidance of those unclean foods which clog the liver. Swine flesh, coffee, stagnant water may be said to be the precursors of all cases of bilious, remittent fever.

## YELLOW FEVER.

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Yellow fever is a disease peculiar to the West Indies and the Southern States. The symptoms are headache, backache, sickness at the stomach, dizziness, general weakness, loss of appetite, vomiting, sometimes purging and great prostration.

The cause of this fever is said to be a germ, which our gentlemen M. D. have already pictured out as the "yellow fever germ."

As we have previously shown, the fever itself is an effort of the vital force to overcome some obstruction, which we may not repeat. The obstruction in a case of yellow fever comes because of very sudden changes from cold to hot, leaving the body in a weakened state; also from smells which are peculiar to the southern states and the West Indies. These peculiar smells, in our estimation, are of such a nature that they enter the nostrils and through the lungs and Schneiderian membrane, they kill myriads of corpuscles day after day.

When a sufficient number of these corpuscles are killed in the heated weather, they become disintegrated and fill the liver, spleen, pancreas, and kidneys full of disintegrated atoms that were once living corpuscles. This obstruction is putrefying material after being secreted by the liver and passed into the general circulation. Then commences the peculiar symptoms of yellow fever.

The difference between a mild case and a severe case of yellow fever depends entirely upon the conditions of the body of the patient. The man who has been accustomed to alcoholic drinks, and whose liver has been filled with stimulants, excessive drink, is one who will have a severe case of yellow fever and in many instances such a person will die from the first attack.

It may be urged that those who are strictly temperate die as fast in the many instances and in the Southern States more so, in fact than those who are accustomed to drinking alcoholic drinks, but who are acclimated to the latitude. This is true, but the northerner with his intense earnestness and activity of mind, exposes himself far more than the one who is acclimated and knows the danger of the climate.

We have seen cases of yellow fever where they came up sporadically, as it were, from having smelled the waters of trenches and we have seen cases where they worked in swamps, in water up to their knees at the season of fever and had no fever whatever, but the moment that new ground was turned up, the fever set in.

In the town of New Iberia there was no vestige of yellow fever and had not been for some years. The supervisor of the roads plowed up the main street before having it graded. In a few weeks there was an outbreak of fever that was never there before and has never been since. As soon as they commenced to plow the ground the old settlers told them that yellow fever would be the result of their plowing up the street.

Now observe that the plowing of ground in the state of Louisiana is a yearly occurrence, that it does not seem to have any effect of producing yellow fever on the negro or white man that is there, but if a street is plowed up at the same time, there will be some fever among those people who are obliged to smell this fresh ground or inhale the particles of atmosphere that will come over this ground that has been plowed up in the streets.

From which we infer that the ground in streets is very different from the ground on the plantations and so it is. The ground in the plantation does not have the particles of carbonaceous materials which are present in the streets. The thinking mind will readily acquiesce on this point by a consideration of what has gone on that street for some years and from the other consideration of that on the plantation.

There is nothing to smell when turned up except, what might be the decomposed weeds and the remnants of last year's crops. We think this fact gives us the key to the situation that yellow fever is produced by odors more than those which are peculiar to decaying vegetation.

More especially, as we know from the evidence which has already been produced and the "reaches" on the African coast have the same smell and same results in producing fever similar to the yellow fever on the coast of Africa that is in the state of Louisiana.

Havana, Cuba, is another instance in corroboration of this view. As long as there was no complete system of sewerage and smells were so rank and common that they were noticed by every passer by, so long we had yearly visitations of yellow fever. As soon as Americans took charge and cleaned the places out, yellow fever almost ceased.

The city of New Orleans is a noticable example of the change when the smells were removed. The yellow fever had been very bad almost every year up to the time that General Butler was stationed there. He cleaned up the streets and kept them clean, forcing all classes to keep their back yards clean and the city was almost free from yellow fever. If the reader will place these facts

together with the result on the Steamer Kearsage off the west coast of Africa, as well as the loss of life on the English admiralty vessels at the same period, it will be seen that no other conclusion can be arrived at, but that the smells were the productive cause, or the provocative cause of the African fever as well as the yellow fever.

The exact cause of this condition must lie in the fact that myriads of blood corpuscles are killed by these poisonous odors.

### TREATMENT.

At the outset every reader should understand that we do not approve of the existing methods of giving medicines for conditions, when those conditions can be removed without the aid of any medicine. Especially is this true in the condition before us, yellow fever. More especially when poisonous drugs are considered as medicine.

We believe that one of the greatest reasons of the fatality in yellow fever is on account of the indiscriminate use of physic. As we have already explained in bilious fever the detriment which physic entails on the intestines, we will refer to that article and state most positively that in any case of yellow fever or where yellow may be suspected, or, during the prevalence of this disease, or in fact, in any case where malaria may be suspected, physic should never be given.

Therefore, one of the first directions in regard to the treatment of yellow fever, is that under no circumstances should any physic be given.

If there is diarrhea or headache or nausea, an injection should be used. This may be weak composition, or an infusion of bay leaves. Four ounces of leaves to two quarts of water. The water should be boiling, but the bay leaves should not be boiled. They should steep, covered about twenty minutes.

A good injection where a person has just been taken and is faint at the stomach, is an infusion of orange leaves. Two handfuls of orange leaves may be picked directly from the tree and boiling water turned on and four quarts of this injection may be used to the bowels.

For nausea at the stomach, if the tongue is coated, as soon as the injection is over, an emetic should be given; full directions of which have already been given. If the patient is faint, one of the teas may be anise seed. This may be taken in little sips until the nausea is over.

Sage infusion if a person is very weak is very grateful to some

stomachs. Balm can be given very freely. Thomson's composition is a safe and trustworthy article and persons should keep this remedy in the house in all the southern latitudes.

It is easily steeped; makes a very grateful tea and is useful for all classes of people. It is a cleaner to the intestines.

As soon as the emetic is over, a tea may be made of orange leaves, an ounce to a pint of water, and a slight pinch of good cayenne, mixed with this. This should be sweetened and drank, one or two swallows at a time until the patient is warm all over.

An even temperature and plenty of fresh air are two necessities, which one cannot do without.

It must be remembered that the cause of yellow fever lies in the poison that emanates from the earth and is in the air; or has been placed in the intestines by the vileness of the water and improper food.

It should not be forgotten that the fever itself is an effort of the vital force to pass out or to cast off obstructions, but that these obstructions are different from the obstructions which we had in the lung fever or in pneumonia.

It may be asked why it is that these smells should have such an effect on the blood of a person as to cause rapid death of these corpuscles and finally death to the entire body. To explain this requires a little time; but if the reader will have the patience to go with us a moment, we will explain this to the best of our ability.

When the odor which is offensive passes into the nostrils, it is there immediately passed through what is termed the Schneiderian membrane and being passed directly into the corpuscles, it produces an effect on that corpuscle.

What effect does this produce?

We know that inside of the corpuscle dwells the vital force.

When anything touches the outside part of this corpuscle, we may suppose that the vital force, which is the life, immediately withdraws itself to the innermost part of the corpuscle.

Now if this smell, or antagonistic, pursues it through the walls of the corpuscle, of course, the corpuscle is left without the vital force.

And of course, that corpuscle is dead.

If one should take on the tongue concentrated hydrocyanic acid, before we have time to look around, the patient is dead. We say the life power is gone.

Observe that when the life power is gone and the patient is dead, that life has departed from each and every blood corpuscle of the body.

Note the significance of this statement (which we take from the books, but never have tried it and do not want to) that 25,000,000,000 of red blood corpuscles are immediately devoid of life when two drops of this acid is taken on the tongue.

What has occurred?

It is evident that this acid is so directly antagonistic to the body or to the life force that the life force immediately leaves the body rather than be placed in contact with this acid.

In the case of yellow fever, we have the smell come up from decayed places and these smells are always vile.

As we have seen before, we can plow up the fields and in short, all the plantations and we will not have sickness. The smell of the new plowed ground does not affect us in the least.

But if we plow up the streets or if we plow up around the house, it is very certain that we shall have an outbreak of yellow fever.

Now why is the difference between the ground in the plantation and the ground in the streets? We reply that the difference is this:

In the ground on the plantation we have simply the emanations from the earth.

In the ground that we plow up in the streets, we have not only the emanations from the earth, but we have all the excrement from the horses; all the effluvia which has been dropped from all sorts of animals, and this having remained in the ground long enough to be decayed, is in reality a pungent, putrefactive odor.

We have already seen the effects of odors and smells in the cases related by the English Consul about the Kearsage, U. S. N. and hulks along the coast of Africa.

We have already, in the early part of this book, seen the effect to persons who inhaled the odors from removing a closet. The boy sat on the fence, breathed in the odors, was taken sick, and in twenty-four hours was dead.

The point we wish to impress is, that a pungent, putrefactive odor is antagonistic to the vital force, dwelling inside the corpuscle.

In the treatment of yellow fever, this point should never be lost sight of. Smells and tastes should be right.

The same cause will produce the same results.

The author once had a patient sick, very low with yellow fever, and he complained bitterly about the taste of the water. We tasted the water from the well and found that this tasted of mulberry. The roots of a mulberry tree had penetrated the well and had given a distinct taste of the bark of the root to this water. The water was changed and in a few days we had the patient able to be moved, and the patient recovered. We are sure that if that



patient had been made to drink that water, that death would have ensued. It was antagonistic to the vital force.

In the case of yellow fever, great care should be exercised to have the purest of air—and for this reason we advise an upper room wherever it is possible, or a room with windows on each side and water that has been distilled. Our advice is to take no chances in regard to any impurity of the air or water with any yellow fever patient.

The same causes produce the same results.

As soon as we have the patient under control the first thing after the emetic, the infusion of sage or orange leaves or bay leaves may be all that will be necessary for complete recovery of the person.

The same care in regard to diet that we advise in typhoid fever is to be taken here. No exposure to the sun should be permitted and especially no exposure where the patient can be chilled, should be allowed until full convalescence has been set up. If the patient is married, he should not be permitted to sleep in the same room with any one else during the time of sickness. (And all that this implies.) And if possible, a change of latitude—more especially if the patient is a native of the north, should take place before any drains are allowed to the system.

Relapses, which come after excesses, are very serious and in many cases fatal.

From quite an extended experience in the South, I am convinced that what is termed yellow fever is an exaggerated species of bilious fever. And that its fatalities have been greatly increased by the stupid and indiscriminate use of carthatics and quinine.

Symptoms which may come up, may be treated in the manner as typhoid.

For very low cases, an injection of ginger or even cayenne to the bowels may rally the patient. The indigenous plants of America furnish stimulants far more appropriate and of far more value than any preparations of alcohol can ever be and while in some cases, an alcoholic stimulant may apparently do good, we do not advise it.

Daily baths are imperative and the diet the same as typhoid.

Chicken meats, or chicken soup, tomatoes, tea, coffee and Irish potatoes are among the last things to be allowed. Shun them.

Yellow Fever is a disease of great prostration, because myriads of blood corpuscles are dead in the system—killed from smells. Clean out and sustain the living corpuscles. Remove obstructions. Keep the patient clean in body and cheerful in mind. Pure air and pure water are indispensable. Meats and fish are forbidden all through the disease.

The blood is already in a heated state with myriads of blood corpuscles killed—the liver filled up—and most likely all organs in a manner choked up. In this condition the symptoms must be attended to.


If the person is hot, cool drink should be given and an abundance of bathing on the outside.

If they are cold and chilly, cayenne is the best stimulant.

The very first and best instruction which the author of this book gives is to say that under no circumstance should physic be given. Physic heats, irritates the bowels, contracts the intestines, and renders the entire body weaker than it was before the physic was taken. And in any ordinary case of yellow fever where this instruction alone is heeded, that is, not to give physic, it will be found that the patient will come through in much better shape and be far more apt to live than if it had taken physic, even of the most mild kind.

If the bowels are constipated move them by large injections of catnip, raspberry, bayberry, and if the patient commences at once to be delirious, use an injection of ginger.

Stimulants are the main reliance in these cases, and if the bowels are relieved at once and food is correct the first and second days will be all the times of danger.

In taking care of a patient with yellow fever, the same advice is to be given about food that is applicable in typhoid and pneumonia.  NO FOOD UNTIL THE APPETITE CALLS FOR IT.

If the appetite comes back a little, give lemonade or sage tea. Then crust coffee. No soups or bread, crackers or oatmeal until the person has ceased to have fever for five days. For nausea, peppermint tea. For vomiting up the "coffee grounds" (which is considered an almost fatal symptom,) give No. 6 diluted by the mouth and apply the cold pack over the stomach.

Do NOT give up your yellow fever patient as long as he breathes. Stimulate as long as he can swallow and then give injections to the bowels of stimulants—cayenne being the best.

When the patient is doing well, go easy and keep every thing quiet. Every day is a step and a gain. Keep flies and mosquitoes from the room.

## SCROFULA.

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As long as the system is in good condition, we do not have any thing like scrofula. After the body has been filled with pork and unclean meats, and the habits have been unclean, we find bunches over the body, under the jaws, under the arms, or enlarged or big necks, and to these excess of growths is given the name Scrofula.

The word scrofula comes from "sus scrofa," or it is sometimes said to be derived from the word "scrofa"—sow—and this is one of the most appropriate names we know of among the manifold names in the doctor's books.

Scrofula—a disease from a hog.

To eradicate scrofula out of the system one has to commence on the diet, the air, and the water. Excess of starch foods should be forbidden. Candies which have a quantity of starch in them, or white earth from the quarries of New Jersey should be shunned and the hog should be kept out doors. Daily cold water baths; strict attention to the diet; exercise every day, are the first steps to be taken.

Euonymus, American Sarsaparilla, Chimaphila umbellata, and the Chelidonium Magus, equal parts, four ounces of each, may be placed in two gallons of water and boiled for two hours. When finished, add one-fourth part of alcohol. This forms a very powerful alterative and may be given in doses of wine-glassfuls three times a day.

The following diet directions may be of great use in all cases of scrofula.

Oysters, clams, all kinds of shell fish, eels, shrimps, squirrels, rabbits, and all kinds of tainted meats, should be avoided and shunned. Do not have them placed in your body for any cause. Go without food rather than have unclean food.

Chickens, although not unclean, are the weakest meat one can eat. Ducks are not fit for any sick person to eat.

Beef, mutton, deer, fish that are clean and not too old, if well cooked, are allowed. In all cases of feverish condition, shun mackerel.

Be careful of all kinds of canned goods or foods in tin.

Shun every thing made with baking powder. All kinds of crackers, unless made by your own self without soda or baking powder. Not a grain of baking powder made anywhere, is pure or fit to get into the stomach.

You are allowed all vegetables that commonly grow in the garden except the Irish potatoe, (so-called: but is really the South American potatoe,) and tomatoes. Tomatoes make that condition known as cancer. Do not touch them in anything.

Better go without your breakfast and eat two meals a day. You will be weak when you first commence, but will be better afterwards. Never mind the faintness, if you know that you will have a dinner, defer the eating untill noon time.

When you eat, chew up the food without drinking while you eat. Drink before eating and all that you desire to drink. Then, after eating, let the drink alone for two and a half hours.

Food washed down with drink does not stay in the stomach very long and does not do the good that it would if there is only the natural moisture of the saliva and the gastric juice with it. Take plenty of time to chew up the food. If you do not have time, at the time the food comes to you, put off eating until you have time. It is not to please people that you eat, but to preserve the body. Take plenty of time to chew up the food so that this food can feed the servants of your body—25,000,000,000 of red blood corpuscles inside of your body.

Do not eat anything unless hungry. Drink something. Lemonade or good soft water. Take time in drinking and have the saliva go down with your drink. Shun all kinds of China and Japan tea. Do not touch coffee under any consideration. Cocoa must be taken in moderation. Also chocolate. It is greasy and makes you too full of a fat that comes out on your face and over your body in the shape of pimples. If you are pimply, stop the use of too much sugar.

Do not take milk if constipated. It may taste good, but really coagulates in the stomach and makes the passages hard. Never take physic under any circumstances, Let alone everybodys' pills. Cascarets, Ripans tabules, Beechams, and every other kind of a pill.

Use injections to the bowels and cleanse yourself rather than to take these irritants to the bowels inside of your system.

Every person (unless when a woman is unwell) should have the quick, cold bath in the morning. It takes off the loose scales and the body is best off that has the daily, cold bath as soon as you wake up.

To take a quick bath in the morning, have four quarts of water in your wash bowl. Wash the arms, head, face and chest,—then the back as far as possible—the abdomen—and have a brush with a handle to brush your back with; wet the brush and rub your back good—place the bowl on the floor—wash one foot and limb,

then the other, then the abdomen, stooping down—wash the hips, etc., and your bath is done. It can be all done in a minute or in two minutes at the outside. Wipe dry and put on your clothes.

Do not sleep in any room where there is a carpet. A rug that can be shaken in the wind every day, may be allowed.

But the carpet holds dust, bugs, old breaths of persons who have been in the room, and this dust, bugs and old breath goes into your 725,000,000 of AIR CELLS, and from there, these atoms contaminate all your body. Have the floor painted or stained and if you positively must have your floor covered, use a matting. Canton matting made of straw.

When you have a woolen carpet on your floor, even if it is clean, it wears out.

In wearing out, the particles of wool, formerly from the back of a sheep, are set free and drawn into the air cells. A carpet on your sleeping room is most positively forbidden.

Do not have SILVER or AMALGAM FILLINGS in your teeth.

Either have gold or cement.

An amalgam filling makes a battery, with the saliva in your mouth and injuriously affects the throat, eyes, ears and base of the brain.

RED RUBBER plate as commonly used, is composed of twenty-four parts of MERCURY; thirty-six parts of SULPHUR and forty parts RUBBER. This is known as a BI-SULPHURET of MERCURY—and in contact with the saliva is destructive to the mucous membrane of the throat, the oesophagus and the stomach.

Do not have a red rubber plate. Get black rubber or have a gold plate if you can afford it.

Many have stomach troubles come from red rubber plates. Shun them. You need not ask the dentist. He does not know and he is not caring for your body. The dentist is making a living for himself and wife—and he sells his wares. You have to take care of your own body or no one else will do it for you.

Do not be simple and *believe* that thinking a thing, makes it so.

All this world is law. You are the result of a law. If you do not obey the laws, it is a sure thing that you will suffer the penalty for breaking the laws.

Every one else, besides your children will suffer for your disobedience to the laws which exist.

Sleep with the head of the bed to the North. Have the best and cleanest bed clothes that is possible for you to have.

Have an abundance of air in your room. Do not think about the supper, until you have the air supply assured for yourself. Do

not sleep with anything unclean in any way. Sleep alone and when you go to bed, change all clothes that have been worn in the day time, for a night dress of some sort. Bathe yourself thoroughly before you go to bed, in cold water and wipe dry, if there is any chance to do so. If you do not have any chance to wash your body at night, before you go to bed, you may be sure that you have imposed on your servants, 25,000,000,000, of red blood corpuscles, a needless task of cleansing themselves—cleaning their little bodies without any place to throw out their slops.

Your body has twenty-eight miles of tubing and should be cleaned off every morning and at night; you should not leave any of these tubes (pores of the skin,) shut up and filled up with sweat or with any other material.

In the winter, you can wash in a warm room. Always use cold water, because hot and warm water, takes off too many of the scales from the skin and will leave you weak and liable to catch cold. Use the water, cold as it may be, with the hand quickly and wipe dry quick and hasten on the clothes and by this time, you will have the reaction that will be warmth. If you are nervous, wash when you go to bed. Whatever you have to do, do it with all your might and rest when you are through. But keep your body in good condition and if it is convenient, and you are weak, you had best take a nap of an hour or two after every noon meal.

Never go to bed without you are sure that your air in your room is to be CONTINUALLY CHANGED. You may think of a good supper, but the 25,000,000,000, of blood corpuscles will be at work all the time you are asleep if you assure them good air. If you starve them for some erroneous idea (as of night air not being good. When night air is all the kind of air that you can have in the night. Get the best at all times.) that some kinds of air are not good, then we tell you that when you have starved these blood corpuscles, you will be feeling badly with headache, bad taste in the morning and many other conditions that will come up, because you are having funerals in your body. They are burying the corpuscles you have starved to death for want of pure air. Get pure air inside of the room you sleep in.

The treatment of scrofula by baths, packs, and emetics is correct. Irish potatoes, rice and bread, besides the hog, should be avoided as a diet. The best foods are nuts and fruits, with all vegetables except potatoes and tomatoes.

No person with a scrofulous body should ever sleep with any person else, both for their own sake and for the sake of the other.

Neither can a person expect to get rid of scrofula, which has been inherited, except by the application of perseverance and patience. and this means perseverance and avoidance of scrofula or the sow.

# ERYSIPELAS.

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## ERYSIPELAS (St. Anthony's Fire).

An acute specific inflammation of the skin and subcutaneous tissue, characterized by shining redness, swelling, heat, pain and vesication, and accompanied by fever and constitutional disturbance.

*Symptoms.*—The disease is usually ushered in with a chill, malaise, headache and elevation of temperature (102° to 105° F.). The erysipelatous eruption is highly characteristic. The affected area is sharply defined, of shining crimson or violaceous hue, elevated above the surrounding skin, and firm, hot and tender to the touch. In addition, vesicles or blebs are prone to develop. The patient complains of pain, burning, or itching. The eruption tends to spread the peripheral extensions, the older parts first undergoing involution. In any one locality it runs its course in four or five days, ending in desquamation. The disease, however, may last for weeks, owing to constant extension.

The face is by far the most frequently affected regions. In this location the eruption is extremely likely to spread over the forehead and scalp to the nape of the neck.

Erysipelas ambulaus or migrans is a variety that tends to subside rapidly in one region, reappearing in another, the whole process continuing for several weeks.

There is a mild recurrent form of erysipelas that is prone to attack the cheeks and the nose. The constitutional disturbance is mild or entirely absent. The eruption does not tend to spread beyond the face, and disappears in three or four days. It is due to micro-organismal infection through the mucous membranes of the adjacent cavities, particularly the nose.

*Etiology.*—The affection is due to the introduction into the skin of the streptococcus erysipelas. Depression of the vital force and the existence of wounds or abrasions act as predisposing causes. In the recurrent variety, due to nasal infection, Catarrhal conditions of that organ predispose. (Gould and Pyles' Cyclopaedia, 1900.)

We have copied all that the "regular" cyclopedia has to offer in 1900 for the cause of erysipelas. As usual they lay this disease to bugs, but after what we have said, in regard to that "bugology," we need not do any repeating. They are entirely erroneous.

The cause of erysipelas lies in the blood. Vitiating conditions of the blood, and especially when the vital force desires to get rid of some portion of its worn out and effete material and sends this material to the skin, it putrifies or sours, then we have what is called erysipelas. Putrified blood is the proper explanation for erysipelas.

When you once know the cause of a condition, it is easy to cure it.

This is the case in erysipelas and any student of Protoplasm, or any father or mother who looks at this disease through the eyes of common sense, will make short work of it.

Abernathy, a Scotch physician, who lived in the early part of the 18th century had an idea of what the conditions were and he said, "I will be hanged if every case of erysipelas has not something to do with the stomach."

But, of course, he did not know how to treat it because he was a "regular" and believed in bleeding and calomel like the rest of the "regulars."

Proper treatment is to give an injection of the bowels, followed by a thorough emetic—no consequence where the place is, how long it has been or how short, this is the treatment par excellence, that will remove every vestige of erysipelas from the body. The emetic should be repeated every day early in the morning until a person has vomited two or three times thoroughly. An injection should be given at night, of four quarts of catnip tea, and this course should be followed up day after day until the disease is entirely out of the system.

A poultice of raw cranberries will allay the intense burning. Apply cold.

Another good poultice is made with two parts powdered slippery elm bark and one part lobelia seed. Mix in cold water to a thick cold paste and apply fresh every two hours or every time it gets warm.

Cloths slightly wrung out in cold water are pleasant to many cases, and if pleasant, are all right.

The diet should be of fruits and nuts with a drink of lemonade or butter-milk, no tea or coffee or chocolate should be allowed. If the person is an alcohol drinker or tea and coffee fiend, these habits must be stopped.

In many of these conditions it is much better to stop all kinds of meats—not that we belong to the vegetarian school, but that we think that fruits are much better for this heated and putrefied condition of the blood than any animal food. Cheese, pastry, crackers, potatoes, alcohol, swine flesh, tobacco and uncleanness and lack of cleanliness of the body with heated air from stoves are the causes of erysipelas, and these should be removed from the patient.

The old school physicians make it a point that an erysipelatous patient should be isolated and taken care of by a trained nurse.

In other words that the erysipelas patient should be set apart and doctored as long as there is any money in the family to pay the doctor and the trained nurse. We say that this is an error and that in twenty-four hours,—in almost any case—the erysipelas patient can be out of doors.

The only question being in the ability of the patient to drink tea enough to have a thorough emetic.

Decoction of wahoo bark made by boiling three ounces of the bark in three pints of water, boil thirty minutes, sweetened and



drank in cupful doses three or four times a day is a very good cleanser to the intestines.

After a case of erysipelas is over, the patient should have a cold bath every morning as soon as they arise. This should be omitted only in cases of a woman when the cycles are on.

Patients who have had the erysipelas, should free themselves from all taint of blood or body because in after years this putrefactive material may be carried to some organ and a cancerous condition result. Clean out the liver.

A diet of fruits and nuts with a daily bathing and sleeping in a pure atmosphere and drinking soft water will soon eradicate every taint of this disease out of the system and we may not be worried about its returning any more than we might be worried about the spook returning from the man in the moon.

If any person desires to be convinced that the 25,000,000,000 of blood corpuscles actually eat, drink and pass off their effete material, through the various outlets of the body, the condition of erysipelas and its rational treatment as given above, would be sufficient.

As soon as the emetic is given and the contents are in the wash bowl, the burning and itching on the face will be greatly alleviated or wholly gone. A second emetic may be needed—in bad cases—in twelve hours. An injection to the bowels should be thorough. Then we will have a great step towards freeing the body of its sour materials.

Relief will be so complete and the results so satisfactory that any reasonable person can understand how the blood corpuscles have taken away this sour material from the place where the erysipelas has appeared and dumped it into the stomach.

When one can cut short an attack of erysipelas in a day or in three days, it will be "a good and reliable witness on the stand," that the regular medical books with bugs, germs, cocci and voluminous assertions—are erroneous. Or in plain English, that the regular doctor is a fake of the first water.

# JAUNDICE.

## ICTERUS.

This is also called Icterus and is characterized by a yellow appearance over the entire body. The patient may not feel so very badly but after a while there is a feeling of nausea at the stomach, headache, general weakness comes on and an intense yellowness will be all over the body, even to the eyeballs.

The feces may be white and the urine may be colored brown or red. Usually constipated bowels.

Causes are clogging up of the gall duct, the common gall and bile duct and this may arise from cold, from drugs, or from any mental disquietude, from drinking many kinds of alcoholic liquors, and from an excess of starchy food.

The remedies for jaundice are much the same as they are for erysipelas, although the fever teas in three or four tablespoonfuls every hour or two will be a good precursor for the emetic of the next day. That same treatment that is given in erysipelas may also be given here. Active exercise as soon as a person becomes strong is of the utmost importance.

Culver's Root Compound, which is given elsewhere; may also be given here, but if the patient is weak it is much better to put on the abdominal pack and keep it on for six hours, giving the emetic in the morning.

Jaundice is seldom a fatal disease. It is a symptom of the clogging up of the common gall and bile duct. When this is closed up the pigment goes to all parts of the body and makes the body yellow.

There are many native remedies which may be advised. Among others, elder blossoms made into infusion, cherry bark four ounces to a gallon of cider. Drink a tumbler full three times a day; a decoction of boneset taken cold, a wine-glass full before each meal; and infusion of spikenard and sarsapilla before eating; and lastly the spice bitters.

Any of these agents are correct in theory and will be found successful in practice. Whatever may be the complication, look up the other symptoms and be guided by your own judgment as to what the symptoms call for.

Notice.

In some cases of cancer of the gall duct or in cases of cancer of the stomach or second stomach, a person may have a yellow ap-

pearance all over the body. In these cases an emetic will produce great pain and be almost impracticable. (For such cases see "Cancer of the Stomach.")

If the jaundice appears at the time of menstruation, the better way to do until the period is over is to give the elm and cayenne compound with a cupful of composition and scullcap at bed time until this period is over, and then proceed with the emetic as before. No pack should be used during the period of menstruation.

If a person in apparently good health is taken with jaundice, and has time, the injection, vapor bath and emetic will cut it short.

If there is not time to do this, use abdominal packs; elm and cayenne with the Culver's Root decoction. Diet of fruits and nuts.

### WHITE CONDITIONS.

One of the reasons why a person's face and body are apparently white, is because that the corpuscles are not able to change themselves from white to red, by condensing on the outside wall and curling up the little ends. (See Fig. 5 in scheme of life).

In a case of cancer, typhoid fever, phrenitis, depression of the spirits, throat trouble, huskiness of the voice, loss of memory, this condition of the Vital Force, being unable to condense the outside walls of the the white blood corpuscles so as to become a red blood corpuscle with its oxygen (hemoglobine) may be dependent upon an amalgam filling in the teeth, which makes a battery; or, it may be dependent on a red rubber plate, which composition is twenty-four parts mercury, thirty-six parts of sulphur mixed forty with parts of rubber.

Red rubber or vulcanite is simply a bi-sulphuret of mercury, which, with the saliva in the mouth forms a battery affecting the whole lower part of the brain.

In all cases of typhoid fever where these combinations of mercury (for the amalgam fillings and the red rubber always have mercury as a base) are in the mouth, we have a depression of spirits, which cannot be accounted for, during the entire period. We may not be able to remove the amalgam fillings, but we can take out the red rubber plate, and have the mouth free from this subtle and damnable influence of mercury.

Another cause of white face and a peculiar haggard look on persons who arrive at the age of forty and from that to sixty, may be from habits of quinine taking, or other drugs during some earlier period of their life.

To overcome this haggard appearance there is no remedy more efficient than a cupful of warm balm. (Formula 4.) This may be

given by the glassful until the white or haggard appearance in the countenance is gone. Repeated every hour.

For a child where the countenance is white and especially the upper part of the mouth, the nostrils somewhat pinched, with a sweetish, sickish breath, and possibly the abdomen somewhat bloated, we may suspect with good reason, the presence of a parasite in the bowels. Worms.

If, with these symptoms, are heard gratings of the teeth, irregular appetite, and sudden ebullitions of temper we may reasonably conclude that parasites are irritating the intestines and should be gotten rid of.

Sage tea is the safest thing. It may be given freely. Better without sugar. A mild drink of sassafras early in the morning after the mouth has been rinsed out and gargled with the same, will prove of great benefit. A combination of poplar, balmony and bitter root (spoken of in the last part of the book under the article of worms) is too drastic and irritating to be used during the progress of any fever.

The elm compound is, perhaps, the safest thing to use for these white faces. Washing the abdomen of the child with salt and water will help sometimes.

It is not generally known that parasites have thin skins and therefore anything which passes into the intestines that is hot and bitter has a tendency to drive these parasites down. For this reason spice bitters is a most excellent remedy. Among the early settlers of America, no herb stood higher than boneset (*Eupatorium Perf.*) because of its bitterness and the uniformly good results from its administration to all classes of people. Its value depended largely on its bitterness and its bitterness most likely drove the worms out of the intestines.

A still further reason for whiteness in the face is from lack of pure air. Nothing will compensate for pure and continually changed air for the change of the white B. C. to red B. C. by condensing the outer wall. And in all cases of fever where there is emaciation and, of course, poverty of the B. C. a room in the second story, if not too warm, where there is an abundance of changing air every moment, is of far greater benefit than any drug can possibly be.

All white faces in fever or all faces that are yellow underneath, with a listless, apathetic manner, demand stimulation.

Balm, peppermint, spearmint, sage, German chamomile, cayenne, marshmallow and ginger, spice bitters, composition, and, if the heart is irregular, *lycopus* are all useful in their way.

Fill your patient full of liquids and give the corpuscles an opportunity to enlarge their little bodies and, if you have air sufficient in the room, you will find the patient changing in complexion within six hours. These facts may not apply specially to typhoid fever but in all the range of different conditions in other cases and in all ages.

If the face is flushed and is very red with a suffusing of the eyes, eye balls somewhat blood-shot, a red nose, and a large neck, after injection to the bowels, there may be an increase of the fever tea. This redness of the countenance shows that there is a sufficiency of red B. C. in the head and face but there may not be in the feet. Some persons with red faces, red noses, and blood-shot eyes are liable to have piles.

If a woman, who has had children, there will be likely to be enlarged veins on the limbs and these persons require continual care to prevent irregularities of the heart.

Bathing in cold water for such limbs without too violent rubbing is the easiest and safest treatment. A woman with typhoid fever who has varicose veins in the limbs, especially if the limb is swollen, should have continual stimulations and should be continually watched.

When she gets better, the shower bath may be used to cure these varicose veins, but nothing sudden should be attempted during the time that there is fever.

For a man who has been a butcher and been in the ice-chest much, or a man who has driven an ice wagon, who has this red flush on the face, the emetic is the very safest thing to give—provided he is not loaded up with drugs before we see him. In the case of drugs being given we should proceed with the first three steps very cautiously and the administration of the elm compound until we get the bowels well cleaned out.

In every white condition, consider that the inability of the white blood corpuscle to change itself, is the basic cause of the whiteness of the skin. And that air, pure water and food for the corpuscles, are what will assist the corpuscles and change the condition from weakness to strength.

# RHEUMATISM.

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The symptoms of rheumatism are pain, redness, heat and swelling from some part of the body from some cause. There is not always redness and not always swelling, but pain is always present with the rheumatism. In fact, we may say, there is no rheumatism without pain.

Now as we have already seen pain is a message from one part of the body to the sending part of the body stating that there is some obstruction in that part of the body from which the message is sent and this obstruction should be removed. This is the condition we should describe. If we know what the obstruction is we should soon be able to remove it.

Usually this obstruction is from chills, killed corpuscles, an excess of starchy foods, perhaps some sprain to the muscles, brings the worn out materials or these excesses of starch to the place where we have the rheumatism in.

Actually the obstruction in rheumatism, no matter where it is located or if all over the body and it is a blood disease or rather a disease in which the entire volume of blood is implicated. When we come to the place where there is actual pain, a cold pack is the most immediate benefit. This may be placed on the parts with six to ten thickness of soft, wet linen, always cold and covered on the outside with flannel so as to exclude all the air.

The parts will soon get warm and when they are warm the obstruction will be disintegrated and the pain will be gone.

The quickest way to remove rheumatism is to give what used to be called a thorough course of medicine. Injection, steam bath, and an emetic. If these steps can be carried out in a proper manner there is nothing that will so thoroughly eliminate rheumatism from the system and eliminate it for good.

The old school doctors use salicylates, salts, senna, strychnine, quinine, and cod-liver oil with occasionally a dose of calomel which are their sheet anchors. These are all foolish and stupid and the victim who takes these poison remedies into the body, will have another attack before a great while. Remove obstructions.

The diet should be fruit and nuts, avoiding swine flesh, tea, coffee, tobacco and alcohol. In any event the patient should sleep alone—with all that implies, and no indulgences should be permitted until four months after the attack has passed away.

A man that permits himself to procreate after he has had an

attack of rheumatism is worse than a common thief. He brings a body into the world with a predisposition to the rickets, hip joint disease, and an inferior mental caliber.

The woman who permits herself to bear a child after having had the rheumatism or within four or six months after from the time she has recovered will be sure to suffer pains and untold agonies at the birth and bring an inferior child into existence.

A word to the wise is sufficient.

Cases of rheumatism where a woman is going to be confined should be treated with the most active treatment until all trace of the rheumatism is gone. Emetics every day, steam baths if the skin is dry, or cold baths if the skin is warm, and a diet strictly of fruits, nuts, mutton, turkey, fish—choose as much sour fruits as can be made palatable should be the order so as to have the muscles in good condition before confinement takes place. There should not be any waiting of the pregnant woman in the fifth to the seventh month before. If she waits until her time is expired, she will suffer death or worse and stand a chance of losing her child.

The writer at one time, listening to what is termed "authority," spent a great many dollars for batteries, both galvanic and faradic and other kinds. We had very good success. In many cases the cures seemed to be remarkable; others by supplementing and with medicine on the whole, they were a good adjunct; but after the discovery of protoplasmy and the facts that we cannot have a clean body until we clean out the corpuscles of that body, or rather the corpuscles are allowed to clean out themselves, we have discarded electricity and magnetism of all kinds and believe in the strict obedience of all the laws.

When we realize the fact that electricity simply drives the bunch or old materials, no matter under what name it goes, from one part of the body to another and that all the electricity on earth—all the galvanic belts, magnetic appliances of every sort, only makes the old matter change places for a little while and that electricity can never cleanse the body in any way, nor cleanse the corpuscles, then we understand why, as a cleansing measure, electricity is a failure.

There is never any failure with any case of rheumatism, acute or chronic, where the laws of protoplasmy are carried out.

In old chronic cases of rheumatism, it may take some time, but it is a sure thing and if you cleanse the corpuscles, you have the body entirely clear and you are entirely freed from rheumatism.

Persons who have been stiff and have been stiffened for years

unable to work, recover the use of their limbs, and become all-right.

Steam baths were formally relied upon in a great measure to cleanse the skin, but we believe where it is practicable, the cold is very much better. And we are satisfied that with stiffened joints, cold applications are far preferable to any application of heat.

The following syrup is one of the best compounds we have ever given for chronic cases of rheumatism.

Tamarack bark, .....	4 pounds.
Culvers Root, .....	$\frac{1}{2}$ pound.
Queen of the Meadow, .....	$\frac{1}{2}$ pound.
Prickly Ash Bark, .....	4 ounces,
Sculleap, .....	4 ounces.
Black Cohosh, .....	4 ounces,

Boil all these in three gallons of soft water an hour and a half, Just before taking off, add one-fourth ounce cayenne pepper and let this boil half a minute. Take off and strain. Take out about one pint and boil this one pint with two quarts of syrup (New Orleans or maple). Mix this with the other mass.

Measure the whole amount of liquid and add one-fifth part of alcohol.

Mix well together and bottle. The dose is one to three table-spoonfuls in a little hot water three or four times a day.

For a cleansing alterative following chronic rheumatism, there is no superior preparation made. It should be kept in a cool place. Well stoppered.

From what has now been placed before the student, he will have a general idea that the causes of disease are not at all complicated, but are simple and plain. If we leave out accidents and injury, which may occur to the human body at any time, or any place, we have seen that there may be an ingress into the body of antagonistic materials in the shape of bad air, odors, or water that is unfit for the human system to use.

We have also seen in the case of lung fever, or pneumonia, that the chills of the body and killing of the corpuscles by this chill, may produce a mass of dead, inert, foreign materials, which the blood stream finds clogging, endeavors to throw out of the body—making a united effort to throw out these particles, which are now dead and foreign to it, but which a few days ago were living organisms similar to themselves. This effort or struggle of the V. F. is lung fever.

In rheumatism we may have the two causes combined. In which



case the effort may be great and we shall have RHEUMATIC FEVER; or the materials may be sent to some portion of the body and the effort may seem to be at that place. In which case, we will not have much fever. But we have the rheumatism.

If we are thoughtful enough to observe this condition of the patient and arrive at a correct conclusion as to the causes of the condition before us, we can make a very fair estimation of the length of time it will take for the patient to recover his normal condition—health.

If we do not understand the condition of the disease, so-called, and we have no appreciation of what causes these conditions, we may have a very erroneous idea of the length of time it will take to restore that body to health.

The condition of the corpuscles, both white and red, cause the condition of the general body. To think or to believe that a germ or bug causes these conditions, is to allow ourselves to stray away from the truth and we shall not be in any condition to treat the case with success.

If we desire to have the greatest success, both individually, personally, and with a generality of those who may be placed under our charge we may be able—in a very general way in some cases—to arrive at the cause of the conditions, which are before us. In all cases of acute rheumatism where there is a history of cold, we can promise a rapid cure.

In cases of a history of alcohol drinking, tobacco, or confirmed coffee drinking—where the skin is yellow and where the pain has been settled in one place or the other for a length of time, where in addition to the pains we may have some bunch or swelling—if we have yellow eye-balls, coated tongue, swelling of the joints, and—if an adult—especially a woman with varicose veins on the limbs, or open sores on one of the limbs down by the ankles, we can rest assured that this case is not to be rapidly cured.

We have already said that white swelling or what is called *tubercular arthritis* is a species of rheumatism. We are satisfied that this is the fact, notwithstanding the dictum of the regular, as to its cause by a bug. It is not necessary to have a bug to cause White Swelling as long as we have a child who has been fed on potatoes, pork, drank coffee, and used water from a well that has affiliated with a neighboring grave yard. The blood corpuscles in such a person are already in that condition that we cannot change this in a day. It is a work of weeks and perhaps months to change such a person.

These remarks really apply to all old cases of chronic diseases

and where we find one of these long diseased persons or long diseased bodies we should lay our plans with patience and with judgment to eradicate the entire conditions by cleansing the whole volume of blood.

We ask our readers to note these conditions carefully because there are many cases in America and England that cannot be readily cured. But if time is given, the case can be permanently cured. It takes time and patience.

In America where the history has been a diet of soda biscuits, fried potatoes, coffee and bacon for some years, the corpuscles have been fed on those elements and are not in good condition to rid the body of rheumatism that has been fed on these articles. It takes some time and much patience.

In England where they have drank chalk water, or where the water has been hard from any cause, we cannot change their bodies in a month. It requires time and patience and strict attention to diet. Feed those corpuscles properly until we have an entire change in the volume of the blood. The remedies that we have named for rheumatism may be used, but unless they are followed by attention to diet and the other habits are correct, we need not expect rapid results. If the diet is correct, then these remedies and this change in the feeding of these corpuscles—no matter how unpleasant the persons may feel, we shall see a rapid cleaning up of the complexion—a general easement of all the conditions that are around the patient and eventually a cure from the particular condition or the disease.

The author has seen a case of rheumatism in one shoulder or in the elbow and arm, which had become chronic, lasting for more than a year, trying electricity, patent medicine, many doctors of many schools and finally came to see what protoplasmly would do for him. Such a case was placed on general treatment. The man declared that he wanted his arm and shoulder cured; that he was perfectly well except that arm and shoulder. No explanation could be made that satisfied this patient that his blood was diseased.

He declared to the contrary and was only kept on the treatment by the persuasion of friends and the statement—which he knew to be a fact—that he had tried everything else—magnetic belts, applications of all sorts, including the arsenic and quinine treatment of the regular, without benefit. He had been in the habit of taking morphine at night and when he was taken from the use of this narcotic, he could not sleep. We packed the elbow and shoulder and afterwards gave steam baths with the general treatment that has been laid down and an emetic nearly every day.

This last treatment was more than he could stand and he was filled with murmurs. It was some days before we could have him sleep, but after three weeks he began to be able to move his shoulder a little and in six weeks he was entirely well.

Where the history of the case shows that the man or patient has received a sudden cold, we may look for immediate results because the amount of material has not been sent to all particles all over the body and they are not hardened.

We believe that it is possible for this old and effete material to be sent to a place and with excesses of starchy food to form a bunch (or rather, a deposit) of this starchy material connected with the old and worn out material in the system, and this bunch can be accumulated until we have what the surgeon tells us is a hard tumor; or this material may be settled in the joints, and the doctors pronounce it "arthritis" or inflammation of the joints and prescribe their usual dopes—strychnine, iodine, arsenic, lead, opium and quinine.

Such cases require continual packs. That is, packs of several hours duration until the vital force sends up heat enough to dissolve the particles and allow the blood corpuscles to take away this bunch or these particles which are obstructions to the joints.

Observe also, that we have at the same time to place or send inside of the body that element, which will give to these joints a natural lubricant.

We do not have to speculate in regard to what this lubricant may be, because we have only to look about in the natural world to see that all animals who have joints to move about, eat a quantity of fat. In our selection of fat we have to have that which will go to these places with the greatest celerity and when it goes there, will become a lubricant without any alloy. It may be said, and has been said, that pork is a lubricant for all portions of the body. We acknowledge this fact, but we declare that pork is unclean and should never be eaten by any person. The fat is not good for the body.

We assert that the history of races who have eaten pork has been a history of descending inferiority and eventually such a deep deterioration of brain power that they have been placed at the bottom of the list among civilized and intelligent nations.

Call it accident or design, or place the matter in any form that may be most satisfactory to the reader and the fact remains that until 1882 no person had ever given to the world the article of nuts as a regular diet.

At that time this writer in coming from Indianapolis entered in-

to conversation with a conductor who told him that his teeth had been greatly benefited by eating nuts. So far as this writer knows there had never been a repast placed before any civilized persons wholly of nuts and fruit.

The writer commenced his experience then and there and has never seen any cause to change his belief that of all the lubricants we have on earth for joints and for the synovial membranes, nuts stand first.

Objections may be made that nuts do not agree with every person's stomach, but we believe that it is not the nuts that do not agree with a person's stomach, but that the stomachs do not agree with the nuts, because of red rubber plates and amalgam fillings in the teeth; and last, but not least, the detrimental influence that has been exerted on that stomach by iron, potash, arsenic, strychnine, soda, and a hundred other derivatives from coal tar products or the mineral kingdom.

These are the agents that have destroyed the stomach and made nuts unwelcome to it.

So that a person should investigate this matter and clear out rubbish that is in his mouth and renovate his stomach by fasting and the use of pure water.

Many persons think that there are certain climates that are cold, wet, or certain conditions of the body that stiffen up the muscles and then bring on rheumatism. If the history of these cases can be investigated it will be found in nearly every case that there is a history of tobacco, potatoes, coffee and pork, and a lack of the daily bath and perhaps in addition, some sexual drains, that has left these persons on a lower plane physically than where they would have been if these conditions had not taken place.

An acquaintance of the writers—a professor of hygiene and sanitary science in a medical college—made a great deal of fun and strenuously opposed the ideas of the writer ten years ago, making it a point in his medical lectures to declare that nothing was as good for the human constitution as a baked potatoe and ham fat.

There is no doubt of the sincerity of this professor and hardly any doubt of the influence he wielded among the students. He was bright, active, cheerful, of prepossessing mien, and had made a little fortune by his strict attention to business and the rise of real estate, and may have been, and was considered, very comfortably fixed.

But a year or so ago, he was taken with a trouble of the bowels. He called in his brother professors from his medical college and

they diagnosed his case as tuberculosis of the intestines. And he died.

The evidence in the author's estimation in this case of ham fat and Irish potatoes, as personified in this professor, would seem to be negative at least. At any rate this hygienic professor, who advocated ham fat and Irish potatoes, is unable to attend the college any more, because he is boxed up.

The writer was invited in 1884, just after he had learned about this nut and fruit diet, (and while yet struggling along, to rise in a more perfect way, crawling up, as it were, from the midst of the erroneous statements and senseless theories of the medical profession, hardly yet wise enough to hold on to a truth in the face of the sly allos pathos authorities) to a dinner where the hostess declared that for her part she liked oysters and she thought she should eat them. That fruit and nuts might do for feeble minds, but she desired more staple food.

The dishes served at the table were hand painted china. The residence was worth one hundred thousand dollars, and several banks were used to contain the deposit of the family. They had one little boy. They did not believe but what potatoes were a good food. The little boy was taken with the diphtheria and died. Eight years after this dinner the lady was taken with a trouble in the bowels. She had cancer. She died. Last year the man, having married again, died from paralysis.

The author is of the opinion that this diet question is immense and if we add to this, the habit of daily baths, for those in condition to take it,—the washing off the loose scales, and a greater habit—which reaches down to the foundations of society and without which knowledge the human race cannot exist in the state of purity or civilization, that knowledge of clean and unclean given by God through Moses on Mt. Sinai, and which has never been changed from that time to this—that preserves the human body in its cleanly condition and which may be read in the 12th and 15th of Leviticus—we say without this knowledge there is no possible chance of a person coming into the best condition of life, either mentally or physically.

If our readers have these ideas very firmly in their heads and if they are desirous of having the truth, they will never be rattled with any class of disease, whether from outside or inside. Whether from the ingress of vile matter of air or excess of unclean foods, and foods inappropriate to the human body.

If we obey the laws, the laws will take care of us.

# CHOREA,

## OR SAINT VITUS DANCE.

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This is one of the most distressing diseases to which youth are subject. It is strictly a constitutional disease. The medicine books have a lot of rot in them about the co-ordination of the two brains and give very learned disquisitions from the anatomical lesions after death, but they are of no practical benefit. Their remedies are arsenic in full doses every day and cod-liver oil with calomel, iron, strychnine and so on.

And it is an unfortunate fact that the youth who has been subject to this course of treatment, never becomes mentally well developed afterwards.

The disease itself depends on the following conditions.

The nerve is made up of three parts—the nerve proper; the outside matter of white or oily substance, called the “white matter of Schwann” and outside of this is what is called a membraneous investiture.

The child that has any fright, while it is illy nourished with oily material or where it has had an excess of starch foods, will have the nerves come in contact and be irritated by a lack of white matter of Schwann and when the nerve is irritated by effete or excrementitious particles, there will not be the right control from the brain to the muscles which there should be. Or, in other words, the nerves being irritated, cannot transmit the proper message from the brain to the muscles.

The nerves being irritated, the muscles moving, contract so as to carry the hands, arms, head and make the contortions of the face that seem so dreadful in all cases of Chorea.

From a somewhat extended experience with these cases, I am inclined to think that one of the first causes of Chorea is the result of continued physic. The bowels are irritated and become shrunk; particles of feces are absorbed first through the colon, then pass into the general circulation, and these particles irritate the ganglions of the spine: This with the lack of oily material to nourish, leaves the patient in this nervous condition.

Sometimes we may have history of fright and other times of sleeping in a damp room, but at all times we have the history of lack of sufficient nourishment for the nervous tissue.

Children of excessive drinkers of coffee and of women who drank wine during the period of pregnancy are the ones who are subject to Chorea. Much history might be quoted and curious

facts related of boys and girls who have had this disease. But these are more a matter of curiosity than of benefit, because with these recitals we get the old school drugs and the old school ideas of a germ, which are not very practicable.

### TREATMENT.

To radically cure a case of Chorea in the shortest possible space of time, give an injection the night before. Give a steam bath early in the morning and a thorough emetic afterwards. There is no treatment that will so rapidly and effectually eliminate all the worn out particles and excrementitious materials that are irritating the nerves as these three steps.

If, however, a steam bath cannot be given, use the emetic early in the morning, making the dose according to the age of the patient. There is nothing that will take the place of an emetic. It is never dangerous in one of these cases and may be safely given, even if one has never seen it given before. Two hours after the emetic, give a shower bath, half an hour after the shower bath, the noon meal, which should be of soups, fruits and as little meat as possible, can be given. Meat is not good in Chorea until full convalescence is established. Fish may be allowed twice a week. Eggs are not a good food.

Black Cohosh or the *Cimicifuga racemosa*, has been extolled as a specific. The eclectics lay great strain on this as being a good specific for Chorea, but if the body is not cleaned out and the effete particles not eradicated from the system, we shall find that the black Cohosh will make a powerful headache, roaring in the ears, and dizziness.

I do not believe that the use of excessive amounts of black cohosh are good for the mental development of the child or youth.

In looking at the patient, if it is thirteen or sixteen years of age examine the teeth and be sure that the decayed and rotten teeth are not filled with amalgam.

Where the patient is afflicted all over, it is much better to have them lie on a cot or hammock and not attempt to walk and fall down. Where the speech is lost, a tea may be made as follows and given during the day. Scullcap, lady slipper, culvers root and smart weed. Equal parts of these take two heaping tablespoonfuls, place in a cup, turn on a pint of boiling water. For a girl of fifteen, she can take a wine glass full five times a day. Injections should be used at night and positively no physic used under any consideration. Physic may apparently help for a little while, but

there will be a relaxing and the nervous tissue will be worse deranged than before the dose of physic was given.

For a girl about the age of puberty no treatment should be given during the times of menstruation, except the injection at night and Balm for any pains which she may have in the bowels. If the menses are scanty, you can make an infusion of squawvine, an ounce to the pint, which should be drank in four or five doses during the day, but if the menses are natural, do not give any treatment at this time. Immediately after its cessation, remember the emetic every day early in the morning.

After the emetic, give a dose of Balm, or a half cupful of spearmint tea, making the dose according to the age and size of the child. No food for fully three hours after the emetic is over. Two hours after the emetic, give the shower bath of cold water. Do not allow a particle of warm water to go on the person with Chorea. Not a bit of warm bath as long as there is any nervousness.

When the child is coming down with Chorea, nothing will break up the attack as soon as a series of emetics. One meal a day is better than more. Never any more than two should be allowed.

For cold hands and feet, give spice bitters and peppermint. Equal parts. Make a palatable infusion and have a cupful for a child of ten or twelve, drank every two hours.

Feverish symptoms are good evidence that the V. F. is endeavoring to cast out the obstructions. You may be encouraged. Give the emetics and you will be agreeably surprised at the result.

If it is a chronic case, or, if you are following an allopathic poisoner, give the elm and cayenne strong—use injections to the bowels and be satisfied to do a little every day and you will see a steady gain.

When one has used the emetic for two or three days and does not see a great change, they may think they are not on the right track. Symptoms may be worse. Especially if the case has a history of heredity.

Why should the symptoms be worse after one or two day's treatment?

Because, the liver and spleen may be sending out some old material and passing this old matter into the general circulation, and for a few days the symptoms may be worse. But a few days of cleaning will make a wonderful difference and each emetic will take out the old material enough to prove that we are doing the correct thing. If the tongue is white, give the fever tea every hour or two the day before the emetic.



Examine all the surroundings and give the treatment energetically and something will show that the patient is better, clearing up of the skin; tongue is cleaning off; sleep is better; there is not so much crying and the arms and shoulders will be better. Many symptoms of improvements will be seen. This way is correct. We have tried and know. Have patience and go ahead each day with the cleaning.

For chronic cases the same treatment will be found effectual, giving injections every other day, and if possible, the wet sheet all over on the alternate days, and when the patient is better, give the emetic every third day, and the wet sheet once a week.

If the tongue is coated after the emetic, the mouth seems thick and dry, to a patient of fourteen years, give three tablespoonfuls of fever tea when going to bed.

If sleepless and nervous and cross, either sex, make a tea of equal parts composition and scullcap and give for a child of fourteen a good cupful on going to bed. This may be sweetened and given warm after they have had the night bath, which should not be omitted unless the patient is a girl at the time of the menses.

For a boy of any age, in addition to the above treatment, he should be circumcised without any unnecessary delay. A word to the wise is sufficient. The father or mother who are too modest to attend to their offspring may be able to afford a through of calomel and a treatment of arsenic from the regular school, but they may rest assured that the mental development of the child will be arrested, and in after years they cannot do as well as they can now while the boy is under this nervous excitement.

Circumcise the boy any way. Having all patients with Chorea run on the ground barefooted during the day is a good idea. Of course, if the person lives in the city, the next best thing is to let them go into a bath room two or three times a day and paddle in the water.

If there are any symptoms of worms see "article on worms."

Washing the spine up and down each side with the hand by the mother in cold water three or four times a day has a very soothing effect. Lemonade and buttermilk may be allowed in any quantity they may desire to drink. Candy, peanuts, bananas and fried cakes should be studiously avoided.

## Hives, Wheals, or Shingles.

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This is a quick eruption that comes up under the skin with intense itching and burning. It is also called "erythema," or "urticaria." The skin is elevated in spots, irregular in shape, as if they had been bites. It may continue from one to twenty-four hours. The burning or itching of these hives, or wheals, when they are out on the surface is almost intolerable.

Sometimes this erythema may be caused by eating fish, at other times by fried-cakes, but at all times by the clogging of the skin. Persons who bathe themselves all over in cold water every day seldom, if ever, have the hives.

**Treatment:**— For the intense itching, the skin may be washed in water which has had a heaping dessert spoonful of soda dissolved to a quart of water, warm or cold. Soft or distilled water is the best. Wash all these spots with this and repeat this washing as long as there is any itching.

For a person who has a very sensitive skin a piece of borax as large as a pigeon's egg, dissolved in a quart of water.

The object of this outside washing is to open the pores of the skin and allow the corpuscles to send out their effete material into the outer skin.

Where the blood is thick and there are frequent attacks of this eruption, it is best to take an internal treatment. The old school advises calomel or sulphur and molasses, and many other remedies which are no good. If one wants a mild remedy let them take C. R. or the drilling, or the alterative syrup.

The better way in all these cases is to have a cold pack or a full wet sheet pack and stay in it until the body has sweat copiously, and then to take a thorough emetic. After that keep at the diet of fruits and nuts with clean meats avoiding fish, salt meats and especially avoiding the use of pork, potatoes, coffee, and fried-cakes.

In short, any kind of food that makes the blood thick is liable after awhile to bring on an attack of this urticaria.

While all these four symptoms are to be treated alike, that is, the irregular blotches which are burning, the pimples which come up and burn, or the itching under the skin, without any swelling, and sometimes an eruption, with the alkaline wash--the daily cold bath, and the diet of fruits and nuts and clean meats, will do more to protect the patient from future attacks than any series of medicines.

Sleeping in a room where the air is changed continually, and having pure, soft water are necessary to a perfect cure of this disease.

## HIP JOINT DISEASE.

According to late authorities in New York, there is always a history of an injury with hip joint disease. This statement pacifies the father and mother and leaves them in a condition where they are perfectly willing to put a brace on, or have a surgical operation.

But, according to the observation of this writer nearly every case of hip disease has a history of constipation. By examination of the different cuts, it will be seen how easy it is for the particles of feces to be re-absorbed and pass on first to the great sympathetic nerve and next to the sciatic nerve.

Now observe that in Jacob Redding's statement of muscular contractility, we find that the Vital Force dwells inside the round cell inside the diamond, and that contractions or dilations of this diamond or muscular tissue take place under the supervision of the V. F. which presides over, although inside the cell, which is the source of muscular contractility of the body.

Observe next, that when the particles of feces are passed through the colon and go on to the nervous system, that they irritate the V. F. because they are sent on to the diamonds or muscular striata, and there they become irritant to the V. F., which dwells inside of the cell inside of the diamond.

This irritation makes contractions. The muscles are contracted. The hip is drawn out of place, and usually makes another socket, and we have a case of confirmed hip disease.

To prevent this disease is the object of this article.

A child should be fed on a diet. That diet should be of such foods as will, every twenty-four hours, pass through the bowels, cleanse off all the colons without any stoppage. If the bowels are constipated, use injections. Do not use physic, but use enemas of warm water, or some mildly stimulating herb, as of catnip, the mints, raspberry leaves, yarrow, and any other agent which will cleanse off the intestines.

Wherever there is pain in the hip, commence at once to cleanse the body. Give copious injections, daily cold baths, and cleanse the body by means of an emetic.

If the parent heeds this in time and does not trust in the advice of the regular "spider doctor," you can prevent the child from having hip disease and a shortened limb.

This bears your consideration.

If you have a child of five who is a little lame in one hip, place it on a nut and fruit diet and give the emetic, injection, and the cold bath daily every morning.

Allow it to have rest in abundance. Circumcise the boy. Call a surgeon to make traction to the limb if it appears to be shortening.

If, when the child *commences* to be lame in the hip, the cleansing process is once started and followed out, we think every case can be prevented. (See scrofula.)

# MENINGITIS.

The term "meningitis" is derived from two words:—Meninges the coverings of the brain proper, (and called the *Pia Mater* and the *Dura-Mater*.) and the word *itis*.\*

The *Pia-mater* is a very delicate structure which is very closely connected with the brain. The *Dura-mater* is like the covering of the bones. It is hard and firm and protects the parts that are enclosed by it.

Inflammation of the fine layer is called "MENINGITIS" and inflammation of the *dura-mater* is sometimes called "PACHYMEMINGITIS." But the term meningitis is used for an inflammatory condition of the coverings of the brain.

It has been found after death has taken place from forms of meningitis, that the condition of inflammation may have been established in any part of the coverings of the brain, but, as a matter of fact, the coverings of the brain are diseased and the brain in many instances, is diseased as well.

Sometimes there is the serous or watery effusion which is of importance as we will show later on; and, at other times, there will be found collections of pus in the membranes or under them.

Again there will be found thickening of these coverings and broken blood vessels which have had no outlet back into the general circulation.

Sometimes this effusion may be of a yellow, sometimes of a greenish substance.

But, in all cases of meningitis, there is inflammation with the coverings of the brain and there is no such thing as meningitis without this inflammation of the coverings of the brain.

## SYMPTOMS.

The first approaching symptoms which come on the children, to be observed, may be headache. Then there may be excessive sleepiness.

Or, the child may be very cross and restless and at night there will be delirium or, in some cases there may be spasms. But, as spasms can be produced by anyone stuffing the intestines full of

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\*The word "itis," always signifies inflammation of some part. When it is added to any other name of an organ or part, it signifies that there is an inflammation of that part. As "splenitis" inflammation of the spleen, "Pleuritis," inflammation of the pleura and all through the nomenclature of the eight hundred and thirty diseases of the body.

Meningitis, therefore, signifies inflammation of the meninges of the brain.

indigestible food, it is not wholly a diagnostic symptom of meningitis.

The headache and the delirium are more certain symptoms of meningitis than any others.

A child may be found sensitive to the light. It may have some trouble with the eyes as the effort of squinting or of looking at objects with shading of the hand and a half open eye at the first.

Then may arise the delirium at night, which is almost always the second stage of meningitis.

In the "*Practical Medicine*," Professor Loomis, of New York, makes three stages and asserts that they are:—"1. Headache, 2. Delirious, 3. Coma or insensibility."

We do not think, in children at least, this headache will always be found noticable. The first symptom which may be noticed in children will be delirium at night. Or, the grinding of the teeth. Or restlessness which will not be allayed and an uneasy feeling which leads the child to be persistently "cross."

A *chill* may be seen to be the commencing of the trouble. This may be followed by other chills, and there may be FEVER after these chills.

There may be, after some period of time a day or two possibly three or four of them, a *loss of the power to speak*.

In grown people and in the newly married or in young mothers who have produced "abortion," the first symptom may be a paralysis of the lower extremities. But, in children, the first symptom is almost sure to be headache or delirium. STIFFNESS of the *neck may be noticed*. Then will follow the half asleep appearance which the child may have.

Lying with the eyes half open and apparently *insensible* to every thing except the light; and again being very *sensitive* to every sound in the house.

After some days or in some cases, some hours only, there comes the PARALYSIS or the *state of insensibility*, which is called "COMA" or profound stupidity and sleepiness and we shall find the child in a condition which will almost certainly be succeeded by death.

Sometimes the face may be *flushed*, but more often it is *pale* and pallid. The lips may appear to be shrunken. The eyes may appear to be sunken in but the half open appearance of the eyes while the child is asleep will surely indicate some affections of the brain. The regular doctors assert that when this condition occurs, there is danger, even if the child or person should live, of their having *permanent insanity*. This will of course depend on the treatment the body receives during the condition of meningitis.

Professor Loomis, in his medical work, page 981, makes the following statement:—(*Practical Medicine* 1889.)

### PROGNOSIS

“The prognosis in acute meningitis is very unfavorable. Severe cases terminate fatally, mild cases may recover. The duration varies from two to four weeks; fatal cases rarely last more than eight days. If recovery takes place, convalescence may not be fully established before the third week. The average duration is about eight days. Strabismus (cross eyes) hiccough, and local paralysis, are very unfavorable symptoms. The prognosis is better in children than in adults.”

We need not follow the professor with his “local blood letting” and “leeches to the head” etc., etc., of the regular school.

During the stage of “coma” there is lethargy, stupor, heavy breathing and profound insensibility to all surrounding noises. Although, in cases of adults, there may be a spasmodic twitching of the brows when the person is moved or shaken.

Even in this delirium of coma, there may be some who can hear their names called and answer but the faculty of memory is gone and the answers are not usually sensible.

We now approach the causes of this condition.

This is said to be owing to “accidents to the head; which may not be known.” It is said to be complicated with scarlet fever, with diphtheria and with various fevers.

In adults, it is said to be due to “alcoholism.” Or, to “injuries of the brain from any cause.”

Where there are epidemic cases of this condition (meningitis) it is called “cerebro-spinal fever.” In these cases there has been noticed a “striking rigidity of the neck.”

Although this symptom is present in Germany and in other places, we are of the opinion that it is not universally the case in the United States, although it is present in some cases. It is a symptom, as we shall explain later on, which is sometimes present and sometimes absent. A person can have a severe cold in the neck and not have meningitis and they may have meningitis and not have any stiffness of the neck. All symptoms which are in meningitis may be common to other forms of disease but there will never be any mistaking the delirium and paralysis together as a condition which is brought about by some derangement of the brain or the coverings of the brain.

There is no real cause to this form or condition known as spinal-meningitis, published.

The books say (as in the case of Fagge, page 616 Volume I.) that "these causes are still obscure."

And there we will leave the old school with "obscurity" still hanging to them.

To those of our readers who have followed the readings of this book from its beginning, there has been no "obscurity," in this condition, from the moment we have mentioned it.

The whole volume of blood plasma has always been affected with some material which is inimical to its best interests and with this material there has been some cold or shock to the spinal column or to the head and we have first the fever (if there is any fever) and then the "chill," then the delirium or the "headache." Then we have coma or paralysis and death ensues from this.

We will repeat this, because there are so many who never have time to do more than glance at anything of this kind and lay it down thinking they will go at it again some day and they lend or lose the book and never find out what to do when the time comes that they stand in need of it.

Our idea is this:—

1. In all these cases there has been first, an injury or a material deterioration of the entire volume of blood plasma and then we have the record of a severe cold and afterwards we have the symptoms of *meningitis* and the usual stages, headache, delirium and paralysis or coma follows and we see the death approaching surely to the forms we love.

2. We can never see a case of spinal nor any other form of *meningitis* which has not had the vitality lessened before the "*meningitis*" appeared.

3. We assert that in every case, even in those cases in which there has been injuries to the brain or to the head, there has always been a lowering of the vital force in the body, or rather a deterioration of the entire volume of blood plasma before this condition of *meningitis* can occur.

It may be said that this is the case with every form of disease under the sun. We think, unless in the cases of accident and placing the eruptive diseases out of the question, that such is the case.

That, in every form of or in every condition which is known as disease, there has been a weakening of the whole volume of blood plasma before the condition is developed.\*

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\*In no stage of human welfare does the superiority of what is termed the "Physio-Medical system stand out more boldly to the subject than in these conditions which the old and regular school pronounce "obscure." The regular has to "wait until the thing is developed." The educated Physio-Medicalist does not "wait" for anything.

The Physio-Medicalist sees the present condition and can surely say that this condi-

We have said the whole condition of the blood plasma has been made to be in a deteriorated condition before this spinal-meningitis can take place. We will give you an instance:—

In Elkhart, Indiana, there are starch factories.

These starch factories manufacture starch from yellow corn. The corn is taken and undergoes some chemical change to take out the starch or so much of it as they can get out of the corn and the refuse of this manufactured corn is sold to be given to the cows as food. So far there is nothing against all this.

But these cows which have been fed on this refuse corn, give milk. The milk is sold and the milk is used.

So far there is nothing against the law in all this. But when a cold time comes on, then these good and stupid people in Elkhart, Indiana, have what they are pleased to term "an epidemic" of this meningitis and some of the young persons die very quickly from this disease the doctors call "spinal-meningitis."

We assert that where they do not use this refuse starch or refuse material from the corn, or do not have some other kind of food which brings the blood plasma into certain deleterious conditions, they never have any thing like MENINGITIS.

The natural food of cattle, is the growth of the field or pasture. Grass or grain. All manufactured stuff is unnatural. The refuse from the starch factories, having been mixed with some chemical, is not fitted to produce good milk.

But the farmers and dairymen around Elkhart buy this refuse corn. The cows eat it, mixed up with grain or otherwise, and the result is, *an impure milk from these refuse fed cows.*

By a very little reasoning we may obtain the natural result of this feeding refuse corn (after all the starch has been manufactured from the corn by means of chemical processes ) to the cows.

4. The cow feeding on this refuse material will not have a sufficient amount of FAT in the milk. (Because of lack of fat producing food in this refuse from the starch factory.)

The milk fed to children, or, to adults, will leave the children *starved* for fatty foods.

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tion can and should be changed or else it will result in some other condition. The Physio-Medicalist changes or tries to change the condition of excrementitious materials in the body by eliminating these materials from the body.

The regular has to "wait until the thing is developed" before anything can be said about it or done for the patient.

The regular waits and makes his daily visits and draws the money for his visit, from the hard working parent and allows the filth to remain in the body of the patient.

The educated Physio-Medicalist goes to work to rid the system of its impurities and so changes the condition to one of cleanliness while the old and pagan medical priesthood is still waiting while the sun rolls over the heavens.



The children or adults using this milk cannot be well sustained in the nervous system. (Because there is a deficiency of fat in the blood plasma.)

The corpuscles supplied with this imperfect milk will be weak and easily killed.

5. When the corpuscles are killed by cold, they form masses of dead material in the system.

6. The brain and nervous system (being fatty) are specially deprived of nourishment and, with the sudden accession of cold (reducing the temperature) from any point or in any way, they become *contracted* and CONGESTION and loss of blood circulation follows.

7. When once the brain and spinal cord, (and especially these COVERINGS) have become chilled and are at the same time insufficiently nourished (that is, they cannot be supplied with warm, rich, nourishing blood from the entire volume of blood plasma so as to regain their accustomed warmth) they have not their accustomed circulation and a message to this effect is sent to the sentient part of the brain and we have persistent HEADACHE. The HEAD ACHES BECAUSE the BRAIN IS CONTRACTED and compressed by COLD and LACK OF CIRCULATION.

8. After there has been a death of blood corpuscles in the body and a death of nerve cells near the coverings of this brain and spinal cord, we have by the "CONGESTION," (stoppage of circulation) a mass of dead blood corpuscles and nerve cells, and the constituents of the blood may give up oxygen or some of their constituent parts and we have the YELLOWISH or GREENISH COLORED CORPUSCLES which are frequently found on the PIA-MATER and DURA-MATER after death. Dead corpuscles. So putrefaction.

From the feeding of the refuse of the starch factories to the cows in Elkhart, Indiana, to an epidemic of CEREBRO-SPINAL FEVER, (or, spinal meningitis,) seems to be a series of logical steps which can be traced one after the other by any intelligent person.

All epidemics or the cerebo-spinal fevers can be traced to known and visible causes. *Fagge* says, (page 610, volume I.) that the Germans have epidemics of meningitis but the Scotch people are free.

*Fagge* (before cited) makes the following history of meningitis in his *Practice of Medicine*, Vol. I, page 610. While we consider this the best and most concise history of this disease, which has ever been published, there is not a word in it, which would give the average doctor any clue to the real cause of MENINGITIS. Of course where there is no real cause known and there is no real idea of the

CAUSES and nothing to go on except the conditions which appear in the brain after death, there cannot be much genuine idea of the real conditions which should be combatted with medicines or remedies of any sort. As a matter of fact, we find that the disease is well established and described but there is no real treatment (which is rational) laid down in any book. Because they really have never thought out the CAUSE of the condition they are called upon to treat.†

We believe all conditions of disease could be traced to some visible cause if we knew how to reason.

Very recently we knew of two parents who, when their little child died, upbraided God with taking their child from them.

The facts in the case were as simple and plain as the meningitis in Elkhart. The fond mother gave her child its dinner. Then it had water-melon (which would have been all right, if grown in this latitude: but it was stale having been brought six hundred miles or more from the south and had absorbed unknown odors) and then a dish of ice cream and lemonade. The child had spasms. It needed cleansing and eliminative treatment. Instead of this, the at-

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"EPIDEMIC MENINGITIS or CEREBRO-SPINAL FEVER.—From the earliest years of the present century there have been recorded, from time to time, in various parts of the northern hemisphere, epidemics of a disease characterized anatomically by inflammation of the membranes of the brain and cord, and clinically by fever, various eruptions, and a number of cerebral and spinal symptoms, especially rigidity of the neck, or of the whole vertebral column. So striking is the symptom last mentioned that in Germany it has given to the affection the popular names of 'Genickkrampf' and 'Frackenstarre.' In medical works it has hitherto been called 'epidemic cerebro-spinal meningitis,' or 'cerebro-spinal fever.' But I think that it is preferable to term it simply 'epidemic meningitis,' since the epithet 'cerebro-spinal' is likely to encourage the notion that an extension of the inflammatory process to the membranes round the cord is more or less distinctive of it as compared with the other forms of meningitis.

The first well ascertained epidemic of the disease seems to have been in 1805, at Geneva. In 1806 it appeared in the United States and continued to prevail there for ten years. During this time and indeed throughout the past half of the century, it was observed in different towns of France and of Italy, Algeria, Spain, Denmark, etc.

In 1854, and for seven years afterwards, it raged in Sweden, destroying more than 4,000 persons in that country. From 1861 to 1864, it showed itself in various parts of the United States. In 1833 it broke out in Germany; the northeastern provinces of Prussia were the first to suffer from it; but within the next year or two it appeared in Erlangen, in Nuremberg, and in other South German towns, and in the country districts of Franconia. From that time it has never ceased to show itself at intervals of a few months or longer, now in one part of the German Empire, now in another. Writing in 1874, Ziemssen said that it seemed to be naturalized.

"The British islands have hitherto been remarkably free from this disease. In 1845 it appeared in many of the workhouses of Ireland; and in 1866-1868 a very fatal type of it prevailed in Dublin, and to some extent in other parts of the country Scotland, I believe, has been altogether spared by it."

tending physician gave chloroform for the spasms and morphine for the pain and in two days the child was dead.

God did not take their child. God permits fools to live. God tells each person to become wise of themselves and by their own efforts, rightly directed. If they will not become wise God tells them that they shall die. Their child died from improper food and poison-dosing doctors. They cannot in reason blame God for what they enacted by their thoughtlessness.

As in this case so in thousands of others, a child dies for want of knowledge. The parents will not have the knowledge themselves, but they prefer to have the medical priest have this knowledge and pay the medical priest for the use of this knowledge. God is bound that they shall have this knowledge for themselves and without this knowledge, God says, "they shall die." So they do in stupid Elkhart, Indiana, where they feed the cows on this refuse of the starchy corn and elsewhere, when they give their babies ice cream and southern melons to eat with stale lemonade on a warm day.

Why should the Scotch people be free from cerebro-spinal fever any more than the Germans?

Could it be possible that God loves the Scotch any better than the Germans? Is there anything mysterious in this selection of places? We say, not at all. The Germans live largely (in some portions of Germany at least) on potatoes and barley bread. These two articles contain excesses of STARCH. Starch never did and never can be manufactured into tough or healthy red blood corpuscles. These starch eaters have the epidemics of meningitis.

The Scotch are fed on *oat meal*. They have milk from cows fed in pastures. They have fish fresh from the salt sea. Therefore, under this healthy and appropriate diet, you do not have to wonder at the assertion of one of the wisest and most thoughtful of all the allopathic or regular writers when he tells us, "*Scotland has been altogether spared by it.*"

She spared herself by the food eaten by her people.

The cause lies in the food eaten. Which brings us to the first cause of every case of meningitis.

In all cases of meningitis the condition of the entire volume of blood plasma and the individual blood corpuscles have been reduced by improper food. This is followed by a cold or chill which kills multitudes of these weakened blood corpuscles. Then we have an inflammation of the coverings of the brain and meningitis.

**TREATMENT.**

By considering the conditions which bring about these "diseases;" we can see the remedies which should be applied to overcome the presence of these dead blood corpuscles which have created the disturbance with the covering membranes of the brain and spinal column. For, if one is affected in the brain we shall find that all the rest of the spinal ganglia are affected. This will be proven, when we consider the paralysis which follows the conditions of meningitis. Usually, we have the feet becoming numb and cold.

Next we have the loss of being able to step; then we have the inability of being able to sit on a chair without slipping down from the chair and finally, the loss of speech with insensibility and coma.

These steps follow one another with increasing rapidity until the end—death—is desired by the nearest friends of the family.

It will be evident, that the very first thing is to have these dead blood corpuscles and this mass which has been thrown out at the base of the brain and on the brain itself, carried away as fast as possible from the presence of the brain and the spinal column.

But it will be seen that the "local blood letting," advised by the allopathic school, is altogether wrong, since it can only have an effect of abstracting blood ("which is life,") from the very best place where the best blood is needed. (Loomis advises local blood letting; "leeches"—croton oil, "cold to the back of the head;" and "quiet." Pepper recommends "calomel and jalap." Bromide of potash, leeches and poultices "so as to encourage the bleeding.")

It is painfully evident that when the rising generation of physicians are led by the nose to believe the text books we have named, (and they stand in the front rank as allopathic advisors,) we shall have very little encouragement to recovery in any case of spinal meningitis. And as a fact, their books say there is very little hope "only to keep them easy."

But we will consider that if we can remove these excrementitious masses from the brain we shall have the case better and possibly, we can save many of them.

The very first idea is to remove the cause of the condition.

The cause is dead blood corpuscles and masses of effete material. We cannot try to excrete these masses by further irritating the bowels (as the doctors advise by means of their CROTON OIL) but we have to relieve the bowels as fast as can be done.

As it is evident that every part of the system is overcharged

with these masses, so it is evident that we must work 'on every part which is available to us.

The first relief which can be obtained is by means of the injection to the bowels.

A very large injection should be prepared which should never be less than four quarts and preferably, should be of some mildly stimulating herb infusion. Catnip or spearmint.

The patient should be lying down, either on one side, or, on the back and there should be either a fountain syringe or a good bulb syringe. The injection being strained through a cloth to be free from all specks and motes, should be forced into the bowels as far as it will go without pain.

It should be mildly warm at first, although if there is fever in the person, it may be gradually made some cooler. (*When repeated.*)

When this is first used, it may give some pain. If so, then allow these small injections to pass off, and then use again. If the patient is past aid in making himself known, lift up the lower part of the body and allow the injection to run in as freely as possible.

If cold and unable to speak, this injection is still the first thing to be used and should be made as strong of cayenne pepper as would bring very great stimulation to the bowels at once.

We desire to impress this on our readers, because this step does not seem to be of such importance as it really is.

This injection should be used at once and repeated as often as once every third hour until the person is warm and sweaty. Which will be a welcome sign in any stage of the disease.

After the first hard lumps have passed away, then repeat the injection and if it stays up a little, do not worry about it, but let it stay until there has been a passage.

When catnip brings away a good passage of the bowels, then we shall have an increasing warmth all over the body.

In the case of an adult, where they are well enough to describe the symptoms and yet have some feelings in the bowels, although they may be numb in the feet (as well as have the headache) they should try to retain some of this injection as long as it can be retained to soften the hard materials which are sure to be in the bowels in these cases.

One of the most persistent cases we have ever seen, was where the bowels had not really moved for almost four weeks before we saw the case. The bowels never moved. The patient died without being able to move the bowels and we have always been of the opinion that if we had used a relaxant with a stimulant as the third preparation (or an infusion of lobelia with composition, to be re-

tained as long as possible) we might have saved the patient. But the rapid and sudden death after these long days of retention of the feces while the congestion of the brain was evidently going on for weeks before we saw the case, (they had two physicians before we were called) led us to believe and still to carry that belief, that the cleansing out of the bowels was the first thing to be done.

After the bowels have been evacuated, then come the remedies which are plain to the senses when we consider the condition of dead corpuscles which we have in the system and specially around the coverings of the spinal column.

These remedies should always be of an assisting nature to the vital force and in every case these remedies should be in the class known as stimulating.

The reason of stimulating remedies being needed, is not far off. There is starvation of the nervous centres and they need stimulations. In the bowels we have almost entire paralysis, and this needs to be stimulated.

In short, the whole body needs stimulation to overcome this stagnation and without this stimulation, all other classes of remedies will fail in the cases of ordinary meningitis.\*

There are some points with the injection which will bear consideration. If there is fever anywhere in the body, there may be an injection of catnip infusion in which there is two to ten spoonfuls of lobelia infusion added. But, in case there is, as is nearly always present, a coldness of feet with headache, then add, five to ten large spoonfuls of strong composition infusion to the catnip infusion, because a stimulant is needed in the body.

There is danger with the lobelia or any other relaxant, if the patient is cold; but in case there is any fever, the lobelia will be needed. But generally it is a stimulant which is needed and lobelia should be avoided, in these cases of meningitis.

If catnip is not at hand, give raspberry leaf infusion; prickly ash infusion; yarrow infusion or the infusion of peppermint. Any of these things and others we have not named, may all or together be given when one is first called to see the case.

The difference in the dose, will depend on the age and sex and other conditions of the child or adult who is suffering.

Should the patient vomit after the injection, it may be regarded as a good symptom. It will show that the patient's stomach is not paralyzed as it will be later on, if nothing is done.

We counsel the injection as the first step and they should never be lost sight of every six hours as long as the patient is any wise delirious or has any tendency to keep the eyes open while asleep.

This keeping the eyes half open when asleep is one of the symptoms which show there is trouble with the lower bowels and injections should never be stopped until these will fast close when asleep.

The next step which we counsel is the seeing that the bowels are made comfortable and warm. To this end, place a flannel over the bowels and pin on moderately tight. This should be changed every twelve hours. Should the bowels be hot, they can be bathed in cold water. But no packing should be allowed while the condition of the head remains aching or stupid.

The need of warmth on the bowels will usually be apparent. But the heat cannot be made to stay there as soon with *warm* cloths, as most persons think, as it can by having the bowels *washed in cold water* and a piece of flannel placed over all the bowels and around the back. If the flannel should come well up under the arms, there will be no danger of having the patient too warm. And, as it often happens, that the patient is worse in the colder and more chilly months of the year, so it will usually prove that the flannel is needed when the patient has the meningitis.

Many of the books advise the head to be kept high while the patient is sick. We have not found this any more necessary than it is to have them have "local bleedings." Both of these advices are born of ignorance of the condition and ignorance in a case of meningitis is fraught with danger. Every hour lost is the time wasted in every one of these cases. The head should be placed to the north and the feet should be kept warm and all the circulation should be as equal as it can be made.

The next or third step will consist of remedies which we consider in no wise inferior to other steps and these will be in accordance with the conditions which we have seen in our examination of the bodies or those who are troubled with this disease.

We have seen that before this disease can be present, there has to be an entire deterioration of all the blood plasma. So in fact, it is, and the idea of doing anything for one part of the body and not assisting all the rest of the body is absurd in itself.

Consider this position well, because if one cannot reason out the conditions and they are at fault in thinking out these causes, they will go to work to overcome these conditions with a trembling heart and the first time they are at fault, they will run to the medical priest.

The conditions in some patients which are seen, are past all help, when one is called. Some of these patients may not look to be

very sick, but they are past all aid when the physician is called.

Some of these dangerous cases may be known by the persistent coldness of the hands and arms and feet.

When these extremities are cold and cannot be warmed up by any outside application, then we may look for the most serious results. Enlarged pupils is a serious symptom.

If, to these cold feet and hands, there is a sweat on the face and forehead, then we may know that death is very near.

Bloating in the bowels, in meningitis, is an unusual sign; but it sometimes occurs, and is a bad sign.

The sinking in of the eyes and black circles under the eyes with the coma, is another bad sign. Should one have a case where these are present, and something may be thought of, we counsel the plain stimulants given in infusion and moderate injections of stimulants because this is the only way in which we can aid all the blood plasma, we cannot aid the whole body and we certainly cannot aid the brain which lies too deep to make local applications to it, to be of success.

Involuntary evacuations in the bed are very bad symptoms.

Picking at the bedclothes [as is usual in typhoid fever in its last stage] may be some times connected with meningitis, coming on as a symptom just before profound coma sets in.

It is regarded as a fatal sign. Hiccoughs are very fatal. So are faintings.

In some cases there will be a stoppage of breath. This can be brought back by quickly changing the position of the patient and by dashing on cold water along the spine. But it will only prove to be a temporary bringing back to life. The patient will die.

Children who have been sleeping in dusty rooms and who have fed on the ordinary milk of commerce [mash from the breweries being fed to the cows of these "dairies"] as well as the persons who have been living in brick blocks, with the water of cities to drink, will be found to be the most fatal cases.

The children who have been TIED TOO SOON at birth will be found to be fatal cases. These [or a great majority of them] will be found to be thin in the chin and mentally better developed than they are physically.

Let no one with any case of meningitis, think it will be an easy cure. The person being warm will be a good sign. But sometimes this warmth may be from external applications and will not be natural and in these cases, while the parents may be thinking the case is progressing very nice and all at once there will be a strang-



ling and the case will be staring eyed and death comes in a few seconds. The physician will be careful with every case.

The persons who have never seen a case before, will have to be very careful about promising with any case, the certainty of cure. No case is safe until the person can eat and sit up. Purple lips are usually a fatal sign. Sometimes a purple lipped case may get well but we have never seen but one case with purple lips which recovered. We have seen many die when they seemed to be nearly well, but for this one sign.

Persons who are friends of the family will be best to keep their advice from these cases and let the family do as may seem best for them. White lips are another bad symptom. When the lips are cherry red, there is some hope for them. Any remedy may be tried after the doctor has given them up; but be sure of the fact that none of the doctor's little white powders are given after he has shook his head over the case and pronounced it fatal. Keep the doctor's medicine away from the patient the moment he calls it a "doubtful" case. He will make his words good if it takes a good round dose of morphine to do it.

The first day passed through without the patient being any worse is encouragement for the second day. We must remember that in all these cases, the cleansing of all the volume of blood corpuscles is the idea to have the dead materials in the brain brought down and sent into the general circulation. Thence, out of the body.

Every time we wash the hands we wash the blood corpuscles which will go to the brain and perform the part of cleansing servants to that brain and its dead materials which are around its coverings. Every time we give a drink of water, we are assisting the blood corpuscles in the stomach which will soon pass back to the heart and thence to the brain and so helping the effete material in the brain to be disintegrated and brought down to the general circulation and so out of the body. Think of these things and keep all the black crows out of the room and do not allow any devil black or white, robed or unrobed, to take one ounce of fresh air from the sick patient with meningitis.

Every air is a boon to the working blood corpuscles which are dying for want of this air and starving for this good breath. Keep all noises away from the head and room. No brain with this disease can stop or listen to music and much less to quarreling and confusion. Be sure of this. Do not have any kerosene lamp in the room. Burn candles and if needed have tapers at the bedside. Darkness is much the best and as quiet as may be possible all the night through.

At nine p. m. will [usually] be the worst time. Have the injections given and the stimulation given before this time and some little hot water and sour drinks ready for the restlessness which is almost sure to come on at this time. Or, about this time.

Lady slipper and scullcap [*scutellaria laterifolia*] are specifics as nervines.

The injections should be the method relied on in cases of all constipation and all cases which are retracted and thin in the bowels.

Pains in the bowels may be considered in many cases, a good symptom. For these give the *elm* and *cayenne* or Composition and Wild yam and Cinnamon.

Or, a few drops of No. 6 may be given. This would be administered in hot water with sugar enough to make it palatable. May be repeated as long as the patient is cold. Or, as long as the patient has the pains. There would be no objection against Neutralizing Cordial. Infusions of Sage, Catnip, Millefoil, Peppermint and all the stimulating drinks of any kinds [which are not poison] may be given while the patient is thirsty. They are all good in their places and will be found to act [in case we admit that any drug ever does act. Of course the drug *never does act*. But the vital force, through the agency of the blood corpuscles acts on the drugs; or, with the drugs as a basis of action. Or, acts because of the presence of these drugs] better than any patent medicine and "medicines" from the old school hands or drug store.

The remedies to be used, are any of the great class of stimulants known as the "non-poisonous" plants.

For our own cases, we have used the mints, cayenne and every thing which may be found as a stimulant. CAPSICUM is in the first rank as a stimulant.

Among the first, if there is any trouble with the throat, or canker in the mouth, is the mixture of cayenne and slippery elm bark. [Form 23.]

The second remedy which is a favorite with us, is as follows :—

Bugleweed one teaspoon heaping; same amount of each, scullcap, lady slipper root powdered; wild yam root and one-fifth teaspoon-full of cayenne. Turn on a pint of boiling water and let it steep one hour.

Dose of this after being strained and sweetened, would be one large tablespoonful every hour, to a child of twelve years of age.

This compound is a nervine in every sense of the word and draws down from the head as fast as anything we know of. In cases of great restlessness, a trifle of Skunk Cabbage may be added to these herbs. Hops can be added when the patient is very delirious,

but in these cases, if there is any fever, the delirium can be better allayed by a quick, warm bath of soda water [a tablespoonful to two quarts of warm, soft water. Wash quickly and wipe dry as possible] than by any internal remedies.

After the warm bath, rinse off in cold water, rubbing the body with the hand, wet in cold water.

The injection should be repeated and some of these nervines may be added to the injection rather than to give so much by the mouth.

If the tongue is white and coated, make up half a cup of molasses and stir in one-half of an even teaspoonful of cayenne. Mix well. Of this give a half teaspoonful every two hours until there is a good heat comes into all the extremities or, until the tongue turns reddish. In cases of very much emaciation of body, the whole body may be oiled after each bath. This of course is not a step in itself, but an addition to what may be termed the third step in treating these conditions.

The final remedy, which may be considered as specific in cases of brain troubles [not to exclude the other steps] is composed of five herbs which will equal any combination we have ever given. Equal parts of catnip, lobelia leaf, bitter root, pleurisy root and Canada snake root. Mix these together. Of the whole take out a heaping teaspoonful and place in a cupful of boiling water. Give a tablespoonful of this infusion alternated with the elm compound every half hour or, if a decided state of collapse, every fifteen minutes alternating with the elm or with all three of the infusions of which we have spoken.

In case there is good movement of the bowels and great weakness is present, then add *Sage* to the mixture instead of bitter root, which is a drastic cathartic to some persons.

The dose of this to a child twelve years of age, would be a large tablespoonful every hour or more frequently if desired to produce the desired effect of loosening up the tissues in the body.

Increase the amount of doses for adults and decrease the dose when the patient is smaller and younger.

It is believed that four doses of this infusion will change the condition of the patient. *Cayenne* should be added if the patient is cold or, in case the finger nails seem to turn blue underneath them.

These infusions or others of their nature [which can be selected at the discretion of those who are in charge] will usually bring out a case of meningitis so that it can be seen to be better in twelve hours.

Food should be very scanty and should not be given unless there is sensibility and *demand for the food* before it is given.

Indeed we would say, withhold all food until the patient is able to ask for it. The fruits and corn meal gruel are the first to be allowed.

Sage and chamomile blossoms are the best tonics. Can be drank before meals. For the adult give spice bitters. If there are spitting and blowing with the mouth, the pine bark can be added can be added to any of these infusions. Pleurisy root is best in cases of shortened breath.

Ignorance of the conditions of this disease was well seen in a case to which the writer was called during last spring.

On Sunday previous, there was one of the medical gentlemen called to see the case who pronounced it "pneumonia" and treated this "pneumonia" in accordance with his ideas of that condition.

All the symptoms of MENINGITIS were present—the half open eyes when asleep—the delirium—the lack of sense in his talk and the history of the case as well as the general appearance of the lad showed that the meninges of the brain were affected. We were uncertain what the remedies were which had been used, but so far, the boy had sunk gradually until Friday morning when this writer was called and saw the child at two o'clock a. m. The finger nails were turned blue. The boy could be roused from his stupor but only to talk in an irrational manner. The neck was partly rigid. He could turn the head and stare at the wall. The tongue was coated. The feet were cold. The bowels retracted. We did not see much encouragement in the case, since the most valuable part of the time had passed away under the idea of this medical priest, that this was a case of pneumonia.

Three infusions were made. The elm and capsicum. The bugle weed, and the lady slipper with catnip. All contained capsicum. These were alternately given every ten minutes unless fast asleep. Stimulating injections were used. In five hours the boy had changed so much that the little finger nails were not as blue. There was not so much stare in the eyes. We staid about eleven hours with the lad and told them they would have a bad attack at nine that night. As we conjectured, at nine that night the grandmother was called to see the little one die. When a change occurs under these non-poisonous remedies, the change usually lasts all right. He came through the nine o'clock change although the first medical man gleefully assured us the next morning that "the child died at nine last night." We were out there bright and soon and had the stimulating treatment continued. Some friend of the family

thought it would not be any harm to "poultice the breast with some mushes," which they did, but when the father saw that the main trouble was in the head and on the spinal column and on the coverings of the brain, they were stopped; Meddlesome tongues are always ready with some remedy.

The case was continued under this stimulating treatment for eight days and wholly recovered.

In this case, the mere loss of time was next to having the case fatal. We very much doubt whether the medical gentleman had ever seen a case of *meningitis* to know of it before. His ignorance nearly cost the child his life. There are thousands of doctors who never know a case and its conditions until they have seen it a dozen times and this loss of time is fatal to the case, in many instances.

Why should a person's head be placed to the north?

For some years we have been in the habit of following this maxim, and we must say that we have never seen any explanation of the reason why this should be so, laid down in any book.

We give the best reason we know why a person should sleep head to the north; and if any one has any other reason based on anything which might appear to be reasonable, we will publish it.

1. The head (or, brain inside the skull) is composed of fats.
2. All fats rise above water.
3. The head is a magnet.
4. The magnet of this earth is in the north pole.
5. If the head is placed nearest to this magnet, the fats will rise to the top, or to the place nearest this great magnet of the earth, and thus cause the greater part of the magnetic part of the body to be in the head, where it should be.
6. If any one who is troubled with loss of sleep from any cause will try each night and see which night they can sleep best, they will find that the nights when they have the head to the north, will be the nights that they can sleep the best.
7. From inquiry one can learn that very few people who have been in the habit of noticing the way they lay the head at night, and have had the head laid to the north, ever become insane.

### RECAPITULATION OF MENINGITIS.

MENINGITIS, is caused—

1. By a deterioration of all the blood corpuscles in the body and is superinduced by cold in the spine or base of the brain, when the dead blood corpuscles settle in some place and the cord or coverings of this brain where they further decay and become masses of purulent material.
2. By insufficient food of a fatty nature which is needed to give coverings to the brain and spinal cord.

One of the main causes of meningitis is because of excesses of starchy food which is

unfit to be placed in the body of a growing being and on which the body can really be starved to death.

There are three stages of meningitis which are—headache—delirium and coma or insensibility. It is a preventable condition.

**TREATMENT**—should consist in permanent stimulation and no sudden shocks should be allowed to any part of the system. The first and best remedy should be injections to the bowels which should be thoroughly applied until the bowels are well cleaned out. Then, mild heat to the body or an even temperature.

Stimulants should be given of which capsicum stands first and any of the varied group of non-poisonous stimulants should be given with very mild diffusive relaxants.

Cayenne and elm bark infusion is among the first on the list. Catnip, Pennyroyal, Ginger, Canada snake root, Prickly ash berries may be compounded with Pleurisy root, Boneset, Cherry bark, Bugleweed, Lady's slipper, Scullicap, in cases of delirium. Virginia Snake root is very useful.

If there should be fever with delirium there may be the abdominal packs and wet sponging. But every care should be taken not to have any cold added to the already effete corpuscles as they have a burden which should not be added to.

*Warm bathing should never be allowed under any circumstances.* A full warm bath will have a reaction which will be liable and almost certain to make the patient worse.

But, in particular cases of nervous restlessness—there may be a warm bath and, when the warm bath is finished, rinse off all the body with the hand wet in cold water. Rinsing off in COLD WATER is very important in all cases of meningitis. WARM BATHS WEAKEN THE PATIENT.

*Physic is deadly.*

The foods should be used very sparingly and never given until the patient asks for them individually. All foods should be of ripe fruits and *no starchy foods*, as of breads or potatoes should be allowed under any circumstances. *Milk should not be allowed* as long as there is delirium. Sour drinks are beneficial. Daily cold baths, quickly given, with the hand and thorough rubbings which will be certain to give a reaction of warmth to the skin, are of benefit and should be given every morning, and when there shows any fever.

As soon as the patient is better and consciousness returns, there may be given chamomile blossom infusion, or mayweed, Colombo or Gentian with cayenne or ginger.

For any pains elsewhere see article on fever.

During the progress of recovery, the patient should not be allowed to read or be in a room filled with smoke or be worried with noises. Kerosene lamp smoke is fatal to a young and growing child. The patient's head should be kept to the North during sickness and all through its convalescence. There should never be any bedclothes used but what are fresh and sweet. There should never be any water but what is soft and pure. Lemonade and sour drinks may be used liberally and the more water drank (reasonably) the sooner the masses of effete material will be dissolved away. (Because the more water taken into the body, the larger the corpuscles become and there is no agent so powerful to dissolve obstructions as soft water.) If there is any thirst, then one should give one or two tablespoonfuls of soft water (cold being considered best. But warm, soft water can be used, if it seems best in the estimation of the nurse or those caring for the patient) every hour. This may be increased to two or three spoonfuls every half hour or every fifteen minutes or after every dose of medicine. The idea is to have these obstructions softened and in a condition to be taken away, as soon as possible.

The band over the bowels is very important. It should never be omitted, but may be changed night and morning.

When the hips are dry or black with dryness, soft cloths should be wet and laid on them. Cold water slightly wrung out and covered with flannel.

Should sores come in the mouth, use a wash of goldenseal and mullein. (Boil them together so as to have a cupful of strong wash and make fresh every day.)

Alcoholic medicines should never be used. Never allow wine to be given with the foolish idea of imparting strength to the patient.

One spoonful of cornmeal gruel contains more strength than a quart of wine. Lemonade is better to stop thirst. Currant jelly water and sweetened tamarind water may be offered. Food given when the delirium is on, will only make the condition worse in every way. Beef tea and soups should never be allowed. Potatoes, eggs, tea, coffee chocolate and biscuits should be wholly prohibited and it should be understood that no food is to be offered unless there is a demand. This is very important. We have seen a case convalescing, which was thrown into a fatal collapse from eating a dish of oatmeal mush.

Observe this:—Water and heat are the two greatest disintegrators of old material in the body, of anything on earth. Also, that poisons of Aconite, Belladonna, Opium under any pretense and anything which will kill blood corpuscles will always be detrimental and injure the patient.

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### CARBUNCLES.

Carbuncles or boils coming on the back of the neck, or on the base of the skull, and, from the thickness of the muscles or from the density of the tissues, the matter does not appear to get through readily and hence, before the carbuncle comes to a head the person is in a very serious condition.

Thousands of people have been killed because the doctors have opened these carbuncles without due regard to the physiological aspect of the manifestation—carbuncles.

The proper way to do with carbuncles is to thoroughly cleanse the body. Injection to the bowels, packs around the liver, and a thorough emetic are the preparations by which we should eliminate the old material that is trying to force its way out to the outside by way of a carbuncle on the base of the brain. Give stimulants every two hours, Spice Bitters, Composition, Sage or Cayenne.

It was different treatment from this that sent Conkling out of the world. The doctors cut him open and in a few days he was dead. This was "regular", but death ensued just the same.

All carbuncles treated as we have described with an emetic every other day, or if an emetic is not convenient, use the injection the wet sheet pack, and drink freely of burdock. (*Arctium Lappa*) Use the root or seed, This is specific for all kinds of boils and carbuncles.

If nervous at night, give a cupfull of sculicap. If the carbuncle is painful, put on the poultice of equal parts of lobelia, spikenard and powdered elm, mix these together to form a thick paste. When the parts are covered by the poultice, cover again with a couple of thickness of wet towel and dry ones over this and pin snug. Keep on until it is uncomfortably warm and then change it.

# DISEASES OF THE HEAD.

## EAR ACHE.

This is a very common disease among children. It is caused

1. Teeth pressing on one of the maxillary nerves.
2. Rotten teeth.
3. Cold in the head.

## TREATMENT.

The usual way is to apply laudanum or some other preparation of opium, which is an error.

A better way for the child is to make an infusion of one even teaspoonful of lobelia in one half cup of water, and steep this, covered, ten minutes. Take a bit of absorbent cotton or lint, or, if neither of these an old soft rag, and dip it in the lobelia. Then dip this wet rag in black pepper and let it take up as much of the black pepper as it will absorb. Put this in the ear and a hot wet rag over it, and a warm towel pinned snugly over this. If it does not relieve it, repeat in ten minutes, but usually one application will relieve it.

An injection may be given to the bowels. A dose of composition or balm may be drank. If the patient is a nervous girl, give her a cup of scullcap. If five years old give a wine glass full of fresh infusion of scullcap. See the diet rules elsewhere printed and avoid potatoes, tea, coffee, and pork. The third preparation of lobelia diluted may some times be used on warm cotton in the ear.

## SORE EYES.

For sore eyes see what is the cause. Wash them in a decoction of raspberry, witch hazel bark, golden seal boiled and used for a wash. In all cases of eye disease the best practice is to find out what caused the trouble. Do not use or depend on Thomson's eye water or any other astringent.

No application, however, will do good in chronic sore eyes as long as the system is out of order. Do not use any preparation that you do not know the ingredients of.

Many cases of eye disease, weakness of the eyes are caused by rotten teeth. These should be seen by the dentist and on no account should he be allowed to put amalgam in the teeth.

In cases of loss of sight or near-sightedness, the usual physician will send you to an oculist, telling you that as he has made that a business he ought to know all about it; but we tell you that the oc-



culist is the last person that you should have anything to do with.

Sit down in a room fifteen minutes by yourself. Have the doors all shut and the windows all open and think out the condition that makes sore eyes. And before you have been there ten minutes, you will find that what you need is strict attention to the cleansing of the body.

The eyes are said to be "the windows of the soul." This may be true. It is a certain fact that no person can have good eyes who has congestion of the liver; or has anything the matter with the kidneys. Constipation, hard water more frequently make weak eyes than any other consideration. Coffee is a direct detriment to the eyes because it thickens the water in the balls and makes one near-sighted and weak in the eyes.

### MUMPS.

Mumps is an inflammation of the parotid glands and is contagious for the first time. It affects the parotid glands sometimes on one side and sometimes on both sides, or it may come on one side and a year or so afterwards appear on the other. It is always caught of some one else.

The first symptoms are usually a feeling of stiffness underneath the jaws and this may occur from ten to sixteen days after the person has been exposed to another person who has had the mumps. Regular time is from ten to twenty-one days (Fourteen days is said to be the exact time.) This period is called the "incubation." The fever and swelling of the neck usually lasts from five to six days. If the patient is in good order absolutely, no treatment is needed. If the patient is weak or scrofulous, they should have active treatment, but by no means should they ever have physic.

If a child with the mumps is given a dose of physic, it is apt to change to different portions of the body. In a girl, it may change to the breasts or ovaries and harden these. And hard swellings may come up on these second places and this never comes only as a result of giving some drastic purgative.

A cold is said to produce the same effect. That is changing it from the neck to the breasts or testes.

**Treatment:**—Cover the part affected with flannel one or two thicknesses. If hot and painful they should be washed in cold water and washed frequently.

Although the regular authorities advise the use of hot water, hot fomentations and hot poultice, yet we believe that the cold applications will be far better than the hot ones.

However, if the patient cannot bear the cold water, which we ad-

wise in all cases, a hot application may be made. When there is delirium, a person may be treated as in brain fever, which see. (Phrenitis.) There is no danger in case the disease is changed.

This is called Metastasis.

If patient is a girl and it changes to breasts or ovaries the parts should be packed with cold water. Injections should be given and if the fever comes up, give a thorough emetic and we promise that the swelling will all or nearly all, be gone the next day.

In case the patient is a boy and it settles in the testes, an emetic may be given and cold compresses applied to the part. Change every time they become warm.

Observe, that the old school doctors have made a great deal of capital on the change in mumps, and they have performed some of their remarkable surgical operations, for which they are noted, when the unfortunate patient has come under their hands. These operations are not at all necessary. There is no danger of mortification, and no danger, in fact, of anything. The only danger is that this is a very light disease and there is some danger that the doctor will not make bill enough. Keep the doctor out of your house.

After the emetic or before, give an injection to the bowels, and keep the bowels open by means of injections and on no account give physic. If the patient is feverish, give fever tea and treat it as you treat any case of infantile fever.

If the patient is an adult, or a strong robust youth, give the emetic every day until all the swelling is gone.

We may tell you confidentially, that if you give an emetic when the swelling comes up to the glands of the jaws, and use a thorough injection to the bowels and pack the parts with a cold compress and flannel over this, that you will cut the disease short by one half.

Precaution should be taken that the patient does not go out and get cold or eat hearty food, which means pork, coffee, potatoes, and stuff until after the swelling has gone down for five days.

The daily cold bath is imperative. The directions for diet should be adhered to. Tea, coffee, chocolate, cocoa, tobacco and all liquors should be entirely forbidden during the progress of the mumps.

As this disease occurs often times in the fall of the year when they make cider, it is well to prohibit the use of cider during the time the person is affected.

### QUINSY.

Quinsy is a swelling of the tonsils and is usually ushered in by a choking sensation, which prevents one from swallowing. There is usually some fever. The swelling increases from one to four days, perhaps longer. Tonsils fill up with effete material, which turns to pus, the tonsils break and after being broken, the disease is finished.

The doctor says that quinsy is due to atmospheric changes. They also say that it is due to a bug.

All these statements are erroneous. The cause of quinsy lies in the condition of a person's blood. They are too full of starch. It comes out on the tonsils and in the tonsils and when it comes out and fills the tonsils, we have quinsy.

Quinsy is always a product of degraded blood, that is, a blood which has been fed on pork, potatoes, oysters, tea, or coffee. If these things are avoided, there will be no quinsy.

### TREATMENT.

If the tongue is coated and the person can swallow a teaspoonful, let him take a large injection to the bowels and give a most thorough emetic. It may go very slow at first, but it is a sure remedy for all cases.

The bowels should be kept open by means of injections. There may be a pack put around the throat of cold water at any time. Make this pack of four thickness of soft linen or cotton, thoroughly wet, with three or four thickness of dry after that and then a thickness of flannel so as to protect the bed clothes.

For the difficulty of swallowing, nothing is better than a cinnamon compound. (Formula 56). And this may be given in teaspoonful doses as often as the patient can swallow it. Dose can be increased.

If the swelling extends up under the ears, a poultice may be put on of smart weed, slippery elm, and lobelia, equal parts.

This should be mixed up with cold water and a fresh one applied as soon as it becomes warm. The smart weed, lobelia and elm should be coarsely ground.

In some cases where the swelling is severe and there is a good surgeon about, it is best to call a surgeon and have him lance the swollen tonsil, which can be easily done—there is usually a point after the first day or two and it prevents a great deal of suffering. There are some persons, however who object to the use of a knife any place. We think that this is a case probably where the use will prevent a whole lot of suffering.

To prevent the quinsy, see the diet directions under the head of scrofula and you will never have an attack.

# CONSUMPTION.

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Consumption is stated by the physicians and the scientific men of today, to be a disease of the lungs. These gentlemen go on and tell us that the lungs have in them what they are pleased to term "bacilli," or little bugs, or germs; which go inside the lung, chew it up, breed and multiply until the entire lung is destroyed. Very eminent and scientific men, so called, have given us descriptions of these bugs, how they appear when they have taken these bugs out and put them in soup and cultivated them (and when they have done this, they have called these bugs "cultures"), and have next described how they look, drawn them on paper, and sent them out to an open mouthed world, as facts.

Their statements about consumption are equal to their other efforts along this line.

Medical science, so called, especially the medical science that we have had since the day of Paracelsus, will one day be looked upon as the most gigantic fake that was ever swallowed by an ignorant and superstitious public.

Now, the facts are, that consumption is a very simple matter. There is nothing easier to explain than the disease, consumption and there is no disease which is so simple, plain and as easy of explanation and so easy to prevent as this disease, which is called a disease of the lungs, and is said to be caused by bacilli.

Referring to our first part of this "Practice," we will find that we have a scheme of changing the white blood corpuscles into red blood corpuscles by means of the condensation of the outside wall of the white blood corpuscles. If the reader has not made himself familiar with this scheme, it will be necessary to do so, to understand fully what we are about to say.

To have this white blood corpuscle condense or change the outside wall, one thing alone is necessary and so far as we understand the physiological action of the body, there is only one thing necessary for the changing of the white blood corpuscle into a red blood corpuscle of the most perfect kind and this necessary element is pure air. We desire to repeat this about as many times as may be necessary in order that any and every reader can understand fully why it is, that consumption ever comes, and why it is found among all classes of men and women from the youngest to the oldest in all kinds of conditions of society (but, of course, more in some conditions than in others), and it seems to spare no class in its ravages. Good and bad, all classes yield up their victims.

We say, therefore, that we desire to repeat over these basic facts often enough so that we may have this well in the minds of our readers and that none of our readers, nor their family, nor their friends, nor any other person with whom they may come in contact, may ever have any case of consumption. This may seem boastful to some of our readers, but we assure them, with a confidence born of forty years of practice and an extended experience throughout an active life and after a travel in almost every latitude and longitude of the earth, and an experience, the first of which was a total failure and the last has been a complete success, that we are not saying anything more than the exact truth. Neither are we saying anything, but what every one of our readers can prove to their own satisfaction in a very short space of time if they desire.

So far as we know the red blood corpuscle is the toiler, repairer, and the nourisher of the body.

Does the red blood corpuscle do this?

Answer. The red blood corpuscle does this, but the red blood corpuscle of itself does nothing. It is the vital force which dwells inside of the red blood corpuscle, which performs all these actions by the aid of the materials of which the corpuscle is composed.

Now, if the white B. C. cannot change to a red B. C. by means of the condensation on its outside wall, it is evident that the white B. C. will remain a white B. C. If this corpuscle remains white and does not change, it is evident that it is unchanged, and therefore, remains either a white B. C. or is subject to some other change. Now, we assert that it is necessary to have pure air and air that is continually being changed as a necessary step to change this white B. C. into a red B. C. In other words, without pure air the white B. C. are not changed into red B. C.

We assert further that the necessity for pure air and air that will assist this white B. C. to condense on its outside wall is paramount.

Cannot be substituted. Cannot be changed. We are asserting that this is the law from which there can be no possible deviation; that without this pure air, this continued changed air, that the white B. C. remain as they were or (and the reader will observe this) they change into some other form or, rather the vital force leaves these white blood corpuscles when they cannot be changed and then become inert, dead bunches of matter. Matter without life. Inert. Useless. In the way. A detriment to the blood stream. A too much of something which the vital force has no use for further.

Place now the facts that the estimation of the physicians gives us the number of twenty-five billions of red blood corpuscles as the average of a body which weighs one hundred and fifty pounds, and we have one important factor that is needed continually to keep this body up to its standard weight and have it in perfect life, health, and activity. And this necessity is pure air.

We are not making any assertions now about oxygen or hydrogen. We are not making any surmises about the part that carbonic acid may play in this drama, nor are we making assertions to any proposition which the chemist may make about the constituent part of air and about specific actions of air—they may be so or they may not be so. One thing we know is true, that is, that these twenty-five billions of corpuscles must be supported and it is absolutely necessary for their life that they have an abundance of pure air. Not alone for the lungs—but they must have air on the outside part of the body. We know that if we varnish the body all over and keep the air from touching the body that we shall soon drive off the vital force.

We know that if two-thirds of the skin is burned or scalded, that it is an almost sure thing that the patient will die. No air can come near the body or into the body that has been burned or scalded. Thus far we have said nothing about the lungs, and thus far we have not dug up any bacilli.

Now let this person weigh 150 pounds and have twenty-five billions of red B. C., but placed in a condition where the air is unchanged or where there is not a sufficient quantity of air to change these white blood corpuscles into red B. C.

The first change that we shall find will be that the person will become white. Let the reader observe this, for it is an important fact or rather is a very large and solid stepping stone through the muck and slime of what is termed "medical science;" and we never can wade through the mass of villainous assertions and untruths which these medical men have thrown down for us to crawl through until we find these stepping stones, that we can plant our feet firmly on. Put it down in your mind that the first fact that we have, is that the human body of any age in any climate that is deprived of pure air will become white. If we want any other evidence we can go to the prisons where they keep them in cells and have only a short period of the day in which they come to the sunlight.

We find that these prisoners become ghastly white. So also do any other persons who are shut up in the house and do not have pure air. We know they become white. We say this is a step-

ping stone. It proves to us that because of the lack of air the white blood corpuscles remain unchanged.

If these corpuscles are unchanged when they come into the capillaries around the cell of the lung and do not have a sufficient quantity of pure air to purify them, we find that the wastes of the body, which have been taken there by the venous blood, are not thrown out through the aperture of the artery (or capillary) through the wall of the cell and therefore, is not able to be passed out through the bronchial tube.

In other words, the white blood corpuscles not being able to be changed by the mixture or contact with pure air remains white blood corpuscles; and in addition to this, the wastes of the body not being thrown out through the arteries and air cells and not in the bronchial tube remains in the body.

Here is another stepping stone, on which we desire to have your feet firmly placed. That is, that this material inside of the body has been refused by the vital force as no longer of any use for building up or nourishing the body, and has been sent to the heart, thence to the lungs, through which it should pass out in the outside world, but on account of the lack of pure air, we do not have it passed out and, consequently, is remaining in the system.

These are the first two steps towards daylight from out the graves and monuments, blare of trumpets, and the mouldy bones of the regular medical science.

We have now taken our body that was formally healthy and shown that it has become white and also has retained its impurities inside of it on account of the lack of pure air. Or if you please, every body that does not have continually changed air cannot have the white corpuscles changed and retains very much impurities in in the body.

Dobell of London in his work on "wasting diseases" makes the statement and proves it by a table, that for all cases of hemorrhage of the lungs, we first have LOSS OF WEIGHT.

This we believe to be the fact, that after the body has been deprived of pure air, it loses in weight. That is, there is not as much solid material in the body as there was before we deprived it of pure air. And the body weighs less. Becomes lighter all the time. Stepping stone number three.

We will repeat these carefully so that no one need fear but what we are stepping on secure ground as we go.

First, the body becomes white.

Secondly, that the impurities of the body are retained in it for reasons that we have already explained, and third, that this body

by reason of its deprivation of pure air has now become lighter.

And, of course, smaller. Consider that this means that all arteries, veins, tissues, glands, cells are SMALLER in VOLUME THAN BEFORE.

In this condition the red blood corpuscle acts under the supervision of the V. F. for the capillary of the lung with its waste material and being still further deprived of pure air, and striving by all the means possible to divest itself of the impurities, it sends as much as may be possible of these impurities from itself and from the blood stream through the wall of the artery through the air cell, until the impurities are on the inside of the air cell.

Step Number Four.

When these impurities are on the inside part of the air cell, not having a sufficient quantity of air with which to lift this impurity up and out of the bronchial tube, it remains in the air cell.

Next we understand that by the entire body being smaller, we have the air cell smaller and instead of using the entire six hundred million or seven hundred and twenty-five millions of air cells, we begin to have the number of these cells, that we are using daily, diminished.

Instead of using all of the air cells, on account of not having a sufficient quantity of pure air, the person so deprived may not use more than one half of them.

And now, we come to the bank, as it were, of solid fact, when we assert that the body has become smaller and lighter; and that the air cells have become shrunk—and that the impurities of the body have increased within the body and that many of these impurities have been passed into the cells of the lungs, thus filling the air cells with these impurities, until we have what is termed a deposit of old and worn out material, or in other words, the impurities of the body have been brought up and deposited in some of the unused air cells of the lungs.

Observe again, that the capillary on the outside of air cell may have become engorged or lined by these impurities, more especially if the food has been of the nature not sufficiently nutritious and we have the condition of the air cell, filled with impurities and an engorged capillary on the outside part of that air cell.

Any sudden effort in this condition, where the air cells have been softened by these impurities, and where there has not been sufficient nourishment in the walls of the arteries to have been in perfect condition; and where the muscular striata of the air cells the contractility in the diamonds may have been lost or the diamonds themselves may have been filled with these impurities from the



body, we say in this condition with an engorged capillary, a softened air cell, laden with impurities, any sudden effort may produce a breaking or rupturing, or stretching of the air cells and we have a sudden hemorrhage of the lungs.

There is no necessity for having a bug, nor a bear; a bacilli, nor an elephant, to eat up a pair of lungs that have been treated in this way.

There is a natural result for the breaking of the laws.

When we have broken these laws or deprived the body of the necessary amount of pure air, we shall have the result. And we assert that in each and every case of consumption that is on the face of the earth or has ever been on the face of the earth, or ever will be on the face of the earth, that the first, second, third, and every other cause which may be brought before the minds of intelligent, reasoning beings, there cannot be anything so directly detrimental to the body and so immediately productive of consumption as the lack of pure air.

With the pertinacity and senselessness of a puppy tugging at a root, we have the "regular" asking, "where do these bacilli come from?"

Their presence may be explained in a number of ways.

One; where the impurities of the lungs being in the air cells, have been exposed to the air, bacilli will breed in them. We find that there is no trouble in having a "culture" in a pot of mush or a pan of milk that is placed out doors and left there a couple of days. No one has to ask where these living creatures come from. They come from the air.

Second, it is possible that these bacilli may be nothing more than imperfect and undeveloped white blood corpuscles. These are suppositions.

Not assertions. We are not obliged to explain where they come from.

It is a most positive fact that with all their study of bacteriology, that they cannot explain where their cocci, their bacteria, bacilli, and so on, come from. They cannot explain it. They never have.

They can make "cultures" with them out of soup, but soup will gather these bacilli without any special culture if it is placed in the sunlight for a few hours.

The trouble with medical science is that it denies the existence of God.

Proposing that in the first place there is not any God, having gotten rid of God, they next get rid of the Vital Force. When

they have done this, they have not left themselves a limb to stand on, and therefore, they have to crawl through the mud and slime of ignorance and superstition. This boasted medical science cannot stand five minutes of sunshine from the actual facts of reason.

We may add of course, many other reasons why consumption attacks whole families. We will do so, but we are not placing these reasons as the cause of consumption.

For we state with a most positive assurance that there is no cause for consumption except the lack of pure air. We say if a person has pure air, they will never have consumption and there is no remedy for consumption on the face of the globe that is equal to pure air. No remedy can have the least influence towards bettering a case of consumption without pure air.

We know also that if a person has the body cleansed and has pure air afterwards, they will recover and stay well. We are witnesses to this effect, We know also that without pure air there is nothing in the world that can save the person from death. These are facts. They are stepping stones out of the wilderness of scientific blindness.

Out of the slime of Egyptian darkness that pervades all ranks of the regular medical profession. Graduates in poison. Deniers of God. Licensed death priests and professional assassins.

We do say that there is no other cause for the beginning of consumption than the lack of pure air, because many of these causes run back to long before birth. The foundations for a good pair of lungs are laid in the father before he is thirty years of age and if his body is not well and properly taken care of—with all that this implies and if he has never known the laws of uncleanness—and if, from any cause he has not made this a study, or a necessity to keep himself clear and free from contamination—we may be sure that this offspring, no matter how well the mother may be, will not be as strong—mentally or physically—as they would have been if he had preserved his vitality, and “kept himself unspotted from the world.”

These things are a matter of law.

The great trouble is, that these laws are kept in the back ground while societies are formed for the purpose, ostensibly, of making the young man better, but actually to keep him in ignorance and indulgence—mentioning the laws of the land, but not mentioning the laws that God has laid down for every human being to follow out, if he or she desires to be at their best and have their offspring come up after them in their best condition mentally and physically.

We say that in the father is the first weakness laid for the child.

If the man has not fought to conquer his animal passions—if he has wasted his seed—or has not retained these spermatozoa in the reservoirs long enough to have them elaborated or made perfect, we assert that he is unable to produce a healthy, perfect or long lived child. He can get a “plug” or a “weed” a “scrub” but it will never develop anything in the future to show any superiority in the sire. Consider this fact. It stands the better chance to become “a weakling.”

The next step is in the mother. We are not blaming any person or persons. None of these laws were known to the Romans, and notwithstanding their great power as an “iron nation,” they went down until their descendents of today, peddle peanuts with squinty eyes and a mind as narrow as their optic angles.

Look at the Jews of today. Notwithstanding their filth—and their innate animosity towards the hated Gentile races—see their acuteness in regard to the governing of the world, and, what is more important, the handling of the money bags, banks, stocks, bonds, and indebtedness of the world.

They say that has nothing to do with consumption. We say it has. There is no physician in America nor England that does not know that where he is called to see and prescribe for cases of consumption twelve times, the Jews will not be in it once. Very rarely do we see a narrow chested Jew.

This is not accident. This is law. And the law is that no woman shall be “touched” during the time of her menstruation and for seven full days afterwards. Her person is kept sacred at that time.

When the boy child is born, the woman is allowed to rest for forty days. And if a girl child is born, the woman is allowed to rest for eighty full days, during which time the mother and baby get a fresh start and have a full supply of vitality on hand, besides having recovered from their unclean condition. The word “unclean” here indicates the impurity which is not perfectly pure. Clean and in perfect order.

Here then, is one secret of the prevention of consumption.

No man who has any regard for his offspring should allow himself to procreate with any woman during the time of her uncleanness. Neither should the woman be bothered at that time, nor should she be forced to attend to many of the menial household duties, as washing, making bread, or in any other manner being disturbed during this necessary four and seven or five and seven days of the necessary impurity of the body.

No attention to this law, lays the foundation for consumption or any other weakness of the body.

To attend to this law gives a child a good body, and a mind according to the level of the father and mother at the time of conception. And able to be better than the parents.

The next greatest step towards laying the foundations for consumption has rested with the doctors.

At the moment of birth, the child should be allowed to lay until it has received its full supply of blood.

We assert that the child should receive, not alone its full supply of blood, but that every corpuscle of that body should have a nourishment in the blood stream, which has already been supplied from the mother.

If the mother has been well nourished during the time of pregnancy, there will be an abundance of nourishment to supply the child during the three or four days that the milk is coming into the breast. Besides this, as we will explain in the volume of "Child Birth," the corpuscles themselves in a child so treated, become larger and, of course, more capable of performing all the operations, duties, and labors that may devolve upon them. As we have seen, these red blood corpuscles are nourishers, repairers, and builders up of the body.

If these corpuscles are not well supplied, we will have a puny, narrow chested, large stomached, spindling legged baby.

There is one more important point, for which we are indebted to that American discoverer, Dr. Jacob Redding of Indiana, who discovered the source of muscular contractility. When the muscles have a sufficient quantity of air or nourishment, the diamonds in those muscles (we desire to use the term "*diamonds*" there to illustrate the formation of the muscular tissue inside of which little squares dwells the vital force, which is the source of muscular contractility), have abundance of air and nutriment.

If, now, the child is not allowed to lie long enough to get a good supply of blood, or if it is prematurely tied before this nourishment has been poured into its little body, the cells of the lungs will not be filled with air as much as they should be filled and the muscular striata which is in the outside part of the cell does not get a sufficient amount of nourishment to supply itself. Because, it is an absolute necessity for the air to go to these little spaces that we have designated as "*diamonds*" in every muscle.

Did the reader ever think why it is that the flesh is red inside?

The reason of this, is because the air is carried by every corpuscle into every part of the body. And these little spaces in the

muscles have just as much air, in proportion, as the air cells inside the lungs; and if this air is not pure, as we have already shown before, then these inner muscles suffer as much from the lack of pure air as the air cells themselves, or as the corpuscles which come on the outside of the air cells in the capillary surrounding the lungs.

It does not require but a moment to see this and we also see that if a child is prematurely tied, or, the supply of nourishment is shut off from the mother before the child has laid long enough to receive its full supply then we have a deficiency in the number of blood corpuscles as well as a lack of nourishment in the blood plasma, and, above all, we do not have in the muscular striata surrounding the air cell the amount of oxygen and pure air that is necessary to bring this air cell into the best condition.

For it will seem that if this muscular striata on the outside part of the air cell is not in good condition, or does not have a sufficient quantity of nourishment, it cannot become as elastic or it cannot stretch as well as the cell that has an abundance of elasticity and the cell wall which has a sufficient quantity of nourishment. When considering that there are seven hundred and twenty five millions of air cells, this lack becomes a very serious matter. So serious, in fact that we have one great cause of consumption before us.

If we boil these down in a few words, we should say that every child that has been tied at the moment of birth before the placental cord has ceased to beat at the end or nearest the placenta of the mother, is a child whose body has received the first cause of weakness and is more likely to have a weakness of the lungs than children who have been properly tied and have received a full supply of blood at the time of birth.

From the time a child is born until it is two years of age, it stands one chance in two of dying. This is because:—

1. The mother is not properly taken care of.
2. Because she is not sufficiently nourished.
3. Baby does not have pure air.
4. Hard water.
5. Excess of starch foods.

We may return to the beginning, and state that the same law that holds good in regard to the human being, also holds good in regard to all the animal race.

The cow is placed in a stall without sufficient quantity of air, made to breathe the air that passes over her own excrement and the excrement of the rest of the animals in the stable, and after a little while becomes a victim to what is called tuberculosis, or in

other words, the consumption. And this is a fact all over the country.

Wherever a large closed stable has been made and numbers of cattle have been placed in together, we find that tuberculosis is present.

A drove of cattle on the plains never has tuberculosis because they have pure air. But, the cattle hived up in barns or in low stables and this supplemented with feed from the breweries or starch factories in the town adjoining, are subject to tuberculosis.

It is but a step from this cow with tuberculosis in a closed stable and her milk to the infant that has been partially deprived of its mother's nurse.

- Or, even after a child is weaned, (as it should be weaned the day that it is nine months old,) then we say that after it is nine months old, and has been fed on this milk from tuberculosis cows, it runs a chance of going into a decline from this fact alone. Not on account of the bacilli only, but on account of the lack of purity of air for itself and in the animal whose milk it has taken into its body.

Coming along still further in age, we find that numerous smells effect the cellular tissue of the lungs. Burning a lamp at night destroys the air. An instance occurred in the town in which we now live where the family have burned a kerosene lamp at night for twenty-two years. Four members of the family have died of consumption within the last eight years. And there are five others who are ready to go at the least exposure.

These things are not accident. They are the result of law.

The cell walls softened by kerosene lamp smoke cannot stand the hardships of a pair of lungs which have breathed the air of the ocean for an equal time.

Again we find that the modern habit of petroleum stoves have a peculiarly detrimental effect upon the cellular tissue of the lungs.

This may be from the same causes which we investigated on the coast of Africa and learned that smells from those dreadful "reaches" and from the coal hulks, bilge water, etc. and have the same deleterious influence on the corpuscles—drives the life out of those corpuscles in both instances. Fatal results follow.

We have known of a young lady who used a great deal of fly powder to kill off the flies in the back yard. The next winter she had a hemorrhage and died two years afterwards. A patient of ours informed us that she had known several cases which had occurred in the same manner. Death from inhaling these poisonous powders. Killed the corpuscles.

Again we find that persons who are associated with others whose breaths are bad, become subject to lung diseases and, presumably, this may be the cause of softening of the cell walls of the lungs.

Finally, we come to coal miners, or those who breathe air laden with fumes of minerals and phosphorous, shovel grinders and those who work over emery wheels and very many other classes, who take into their lungs detrimental fumes, odors and smokes, or particles which are antagonistic, not alone to the cell walls,—to the muscular striata of the cell walls, but to the corpuscles that are living in the capillaries which run around those cell walls.

And anything that will kill the corpuscles will have a tendency to shrink up the capillaries and we shall have a congestion of the lungs as a result.

We have asserted that anything that draws away the substance from the blood corpuscle, will make them smaller and weaker and then more liable to die from any exposure.

This is the fact, and when a mother nurses her child longer than nine months, she draws away from her system those elements that should not be drawn away and she becomes weaker in her body. It is unnatural.

While she is nursing the babe after the nine months are over, she does not do the baby any good.

Material that goes to make up the elements of milk, are out of her system when the nine months are up and whatever she takes from herself after the nine months is hurtful to her and deleterious for the body and brain of the child.

After a period of two hundred and eighty days from the time the child is born, the menses should make their appearance and the child should be weaned.

But, if the mother does not choose to wean her child at this age, she proceeds to give what would and should pass off in the menses to the child and possibly, some of her own material from her body.

No child will thrive after the ninth month on the milk of its mother.

It has been all right up to this time, but when this time has come, there is a change and the child should not have this milk any more and the mother should not give the child the milk because it deranges the periodical flow. It is mutually bad for both mother and child.

We have seen this as the very first beginnings of consumption. Longer nursing than nine months will produce this weakness on the mother and leave her blood corpuscles in the state where they will soonest become killed if anything strikes them from fatigue,

from cold or deprivation of pure air. Such weakened corpuscles are easily killed and then the fabric of the body is ready to go to pieces from any point.

Another great cause of consumption in the woman who has had one child and has been under the care of the modern physician, is in the administration of ergot. This drug contracts all the tissues of the body.

When these tissues are contracted, we have a smaller set of arteries and veins. The mother is poisoned in all her body from the effect of this drug and many millions of corpuscles are killed. If any cause exists, where the poisoner should be pursued with vengeance, it is when, under cover of what he calls "science" this demoniac doctor administers the poison, ergot, to the mother in the fear and in the idea that by so doing he will prevent the mother from having "post partum hemorrhage."

Or, that this drug will prevent her from having floodings after birth. It is useless in any way. And the unfortunate mother who takes this drug has her milk poisoned for the baby and has to wean it and is placed in such a state that she is liable to go into a decline the moment she takes another cold. Ergot is a lung destroyer as well as a destructive agent to all the tissues of the body. Nothing will more certainly kill the baby inside of its mother than the use of this drug.

Nothing more certainly contracts all the tissues and kills the corpuscles in the young and tender woman than the use of this drug. It is very antagonistic to human life and drives the Vital Force from the body.

A woman may get over it, but all she can do will not bring her up to the same healthy standpoint again that she had before she took the deadly drug inside of her system.

Why are the doctors allowed to give these drugs? Because they are fashionable and have the ear of the people who are ignorant of these matters and will not learn for themselves until they are gone beyond hope.

If ever there should be any necessity for the use of Ergot, there are many other remedies that are far better to use than this drug.

Witch Hazel leaves; bayberry bark; raspberry leaves in infusion are far better for flooding, or for any other condition where these stupid fools administer this killing drug to the system.

Of course, if the doctor would prevent himself from making so many operations and from meddling with nature in her effort to expel the child, we should very seldom have as many hard cases as we do at this time. And, when the woman can be allowed to



bring her child naturally into the world, we will not have so many preceding causes of consumption.

Giving of Ergot and the rapid tying of the navel cord are two causes of the growth of consumption in the New England States. Absolutely, doctors and drug stores banded together have almost depopulated these six states. And wherever we see the regular doctors have a government or run the state or county or city, there we shall see increased sickness and there the ratio of invalids will be largely increased. A regular doctor is an enemy to human life. If every doctor on earth were forced into some other business, it would be better for the inhabitants.

We have seen, if we are correct, that the cause of all cases of consumption lies in the fact that the corpuscles of blood have been deprived of pure air. Have been deprived of continually changing air.

That they have been supplied with air which did not allow themselves to be freed from the carbonic acid gas and did not allow these corpuscles to perform their many duties in the body, nor, did this air nourish the minute spaces in the cellular tissues of the body, which was so important to the muscular tissue, as well as to every other portion of the body, where there was the least particle of muscular striata or muscular contractility.

The discovery of the source of muscular contractility shows the first light upon the necessity of all of the inner organs of the body and especially the muscles to have pure air—continually changed air—carried to them by the circulation of the blood and particularly the personally bringing to these cell walls and the force inside the diamond, the oxygen, or whatever it might be, of the pure air, which is necessary, absolutely necessary, for the life and continued vitality of these spaces, in which the source of muscular contractility is indwelling.

When these cells, therefore, have been deprived of air, we see an emaciation of the body. When the cells no longer have this oxygen we see that they have wastes which must be deposited somewhere, and the lungs, and the lung cells, or air cells for causes which we have already explained as being the weakest portion of the body, have taken in their refuse—it has become putrefied and we have a consumptive—or a wasting away of the cellular tissue of the lungs.

There are other important facts in regard to consumption, one of which is seldom touched upon by any writer.

One is the corset, but the corset does not explain why so many

young men have diseases, so called, of the lung, but which we think is a strictly constitutional disease.

The second cause lies in the system of vaccination. Vaccination is the placing in the body of either a germ or a poison. We contend that it must be a poison and is antagonistic to the vital force.

In any event this vaccination lowers the tone and destroys the material of the blood corpuscles and leaves the blood corpuscles with a differently constituted surrounding, than it should have.

Our theory, based on the laws of protoplasm is to the effect that, even with the purest of lymph, we are introducing a poison into the system that is destructive and antagonistic to the blood corpuscles and all the corpuscles of the blood are weaker and more filled with diseases, after they have been vaccinated. Vaccination never protects any person from having the small pox. The placing of the lymph pure or vile and all of it is vile—it never can be pure—is always a detriment to the body, lowers the tone thereof and individually destroys the B C.

### TREATMENT.

The very first thing that we should have in our heads and stamped upon our brain atoms is the condition of the case of consumption that is before us.

We might say, that this condition should be held in our consideration, in all cases, but more especially in the case of a consumptive that is very low down.

In our mind, this consideration is of the very first importance, and we will put it down in such a manner that it seems to us as if every person will see through it and be able to point out the way of rapid recovery in any case of consumption that may come before us.

A. That there are seven hundred and twenty-five millions of air cells.

B. Many of these air cells have been destroyed from cause or causes. And that we have a cavity within the lungs or we may have a filling of the air cells with foreign material and yet not have the places or the cell wall as yet broken.

C. That our first endeavor should be to cleanse these cells from their old, putrefied, and foreign material that is in the cells.

D. To do this we must have air inside of this cell to LIFT OUT and to raise up this material—this foreign, inert, dead, useless, and rotting material that is filling the cells.

E. Besides this, we can enlarge the good cells that are in the lungs by appropriate measure which may be spoken of hereafter.

thus calling into use cells which are small, or which may not have been used frequently or fully up to the time that these other cells are filling full.

By doing this, that is by filling these full of new fresh air, we obtain a larger exposure in the blood in the body to become arterIALIZED or purified, or if one thinks of it, oxygenated by this pure air, thus freeing the body from any excess that is already formed of carbonic acid in the system.

F. By inhaling this pure air, we stretch the diseased cells and if there are any living striata on the walls of that air cell, this pure air imparted to them, will enable them to retain the vital force, to absorb nourishment and become stronger. And finally, we see by this one act alone, we shall have gained in the shortest possible space of time complete control of seven hundred and twenty-five million of air cells minus those that have already been killed from cause or causes, or the number of cells we have alive at the present time, we will absolutely save and prevent any more decay.

H. The inhalation of air—pure—to the bottom of the cells stimulating the muscular striata on the outside of those air cells to act, is the first important measure to be in taken every case of consumption.

If our premises have been correct and all diseases of the constitution where the corpuscles have been chilled and killed and the refuse of these corpuscles have been sent to the inside of the cells, there putrefied and after putrefaction have broken down this cell wall so that we have, actually, a putrefied condition of the cell and a breaking down of this and other cells from the effect of this lack of nourishment—lack of air—and the putrefactive materials which we find in the constitutions which are said to be consumptive, we may proceed to give the treatment in detail.

Of the symptoms of consumption, we need not enter into specifications.

They are so numerous and so common that almost every one knows them.

Perhaps the premonitory symptoms may be of more importance.

The symptoms which we may mention as premonitory symptoms are a cough or a hacking; a fever which may come up at night; and for nearly every case of emaciation of the body with a loss of weight, which, apparently may be unaccounted for; an inability to sleep on one side or the other; a rising of mucous or of pus; hectic flush on each cheek; usually, in the case of a woman or a youth, very bright eyes; and with night sweats; swelling of the feet; in-

creased shortness of the breath. All symptoms vary as the case progresses.

The treatment of consumption has always been unsettled.

Can consumption be cured?

We say positively that with proper treatment, even those cases which are perfectly hopeless under the hands of the physician, may be cured. That these cases are not cured, is a reproach to civilization and an everlasting witness against the treason, speculations and visionary boastings of science on the part of the medical profession.

We have seen, if correct, that the cause of all consumption lies in the fact that the corpuscles of the blood have been deprived of pure air. Have been deprived of continually changing air. That they have been supplied with air which did not allow themselves to be freed from the carbonic acid gas, and did not allow these corpuscles to perform their many duties in the body, nor did this air nourish the minute spaces in the cellular tissues of the body, which was so important to the muscular tissue, as well as to every other portion of the body where there was the least particle of muscular striata or muscular contractility.

The discovery of the source of muscular contractility shows the first light upon the necessity of all the inner organs of the body and especially the muscles, to have pure air—continually changed air—carried to them by the circulation of the blood and particularly the personally bringing to these cell walls and the force inside the diamond, the oxygen, or whatever it might be, of pure air, which is necessary, absolutely necessary, for the life and continued vitality of these spaces, in which the source of muscular contractility is indwelling.

When these cells, therefore, have been deprived of air, we see an emaciation of the body. When the cells no longer have this oxygen we see that they have wastes which must be deposited some where, and the lung cells, or air cells for causes which we have already explained as being the weakest portion of the body, have taken in their refuse—it has become putrefied and we have a consumption—or a wasting away of the cellular tissue of the lungs.

At the same time it is just as much a waste and a loss of the little toe as it is in the lung tissue. Only the little toe is not thought much about, and holds its own as well as it can while the lungs with their continual activity—opening, expanding, contracting, and working sixteen to twenty times a minute, are obliged to use this air and obliged to use up the oily material that is in the body for this contracting and expanding of the air cell—for the

rush of blood over the capillaries, through the pulmonary veins and arteries, thence over the entire body—we say the lung cells suffer more than the little toe, because of their more constant use.

Our treatment, therefore, must be based on the fact that every portion of the body has suffered the loss from this lack of pure air, and this loss must be supplied at once and a fresh supply of all the new material must be given to the corpuscle at the earliest practicable moment

At the outset we are confronted by three problems:

1. To prevent more decay. Not alone decay of the air cell and the capillary, but decay of the corpuscles.
2. To supply the needed elements to the body.
3. To eliminate, cast out, get rid of, throw out from the body and purify that body from all its worn-out and dead material, and immediate relief from the putrefaction now taking place in every case of consumption.

To these three problems we offer the following treatment:

The time to commence this treatment is *right now*.

Purify every portion of the body as fast as possible. Do not for one moment have it understood or dwell on the supposition, which is erroneous, that the air is alone necessary to enter the lungs. Every portion of the body of a consumptive should at once be exposed to the air.

We are not talking now about the necessity of any case. We are simply stating our idea—our positive knowledge of how all consumptives should be most rapidly cured. We will not make any supposition or argue with any person who desires to keep up appearances, or who has a position to hold, or who may be placed under some circumstance that these directions may, or cannot, be followed out.

We are simply stating the actual facts and the law towards curing all cases of consumption. And we also assert that without the following out of these laws a person may get well, but we believe it is a positive fact that if these laws and rules are followed out that there will be no trouble in seeing the patient from time to time grow better.

We repeat, therefore, that every particle of the body should be exposed to the air. And every portion of the system should be scrupulously washed right now. The washing between the toes, under the arms, back of the ears, and the top of the head, should be as scrupulously attended to as the putting of air inside of the lungs.

The idea that one can doctor, medicate, inhale, treat, or fool in

any way with the inside cells of the lungs and allow other parts of the body to be clogged up, is on a par with the reasoning of the ostrich, who, when run down and no longer able to escape her pursuers, plunges her head into the sand so that she cannot see what attack may be made upon her. The reasoning is equal in both cases.

Starting at the beginning and remembering that we have twenty-five billions of red blood corpuscles to commence with, half, or more of which may have been killed, destroyed or putrefied by erroneous living and drains upon the system, and that now we have only twelve millions to go on, we want to increase the number of these red blood corpuscles and at the same time give them nourishment by which they can use every exertion to eliminate the offensive material, which is not alone in the cells of the lungs, but is situated in every other tissue of the body, and this broad idea that we are to doctor the entire system and that we will not allow any one tissue, or any one organ to escape our beneficial offices.

This is the only idea which has salvation or positive assurance of cure from any quarter.

We can not assuredly leave the liver, spleen and kidneys out of our calculation, and it is a positive fact that we must not leave the feet and toes out of our care and beneficence.

The reader will be prepared now to go with us when we say in case of a woman, she should have a loose dress, with all this implies, and her feet should be on the ground. In the case of the man, he should be loosely clad and at once freed from all contamination of any breaths or close rooms, or any contact with any breath by sleeping in the same room or being in the same room or shut up in any place where his breath could not be drawn in from the most purified and continually changed air that comes from the heavens.

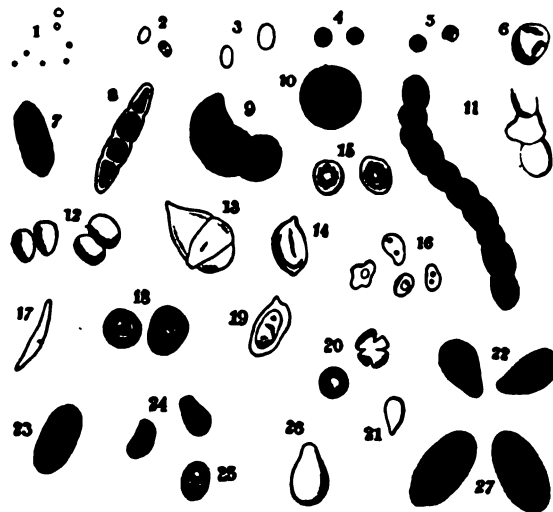
No sleeping room with a carpet on the floor or with a fluffy lace curtain and no sleeping in any room where the windows are not continually open and the air poured through it every moment out of the twenty-four hours.

In case the patient is a woman and the menses are lost, and there is great emaciation, no medicine, drugs, or any thing else should be given with a view to bring on this flow. No foolish idea that a function or one set of organs can be stimulated or that because of any loss or cessation the lungs do more or less, should prevail. No narrow idea can be taken into consideration and have the patient get well of consumption.

Feet on the ground every day in the morning, whether grass or

new ground—not pavement, nor any filthy place, but green grass and plowed ground as in the garden. Daily washing the feet and knees are practices that should not be forgotten. In fact, that should be made the basis of the general circulation of the body. Where the lungs are tight, a pack over the chest and back about the shoulders, run up to the neck and even around the neck with an extra four thickness of an old, soft towel over every sore place that may be on the chest, all pinned snugly—but not too tight—well covered up; hot water bottles at the feet; covers enough to bring a copious sweat in from two to six hours, and always—without any exception—as soon as the sweat comes after this pack, wash the body all over in cold water. If the water is distilled, three to ten glasses of cold water may be drank early in the morning and an abundance of water may be drank in this pack, and also may be drank any time there is fever.

Fig. 61



#### DESCRIPTION OF PLATE OF MICROSCOPIC OBJECTS FOUND IN AIR.

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1. Pollen.                     | 8. Fungi?                             |
| 2. Fungi.                      | 9. Particles of soot.                 |
| 3a. Starch granules.           | 10. Crystals of chloride of sodium.   |
| 3b. Starch granules polarized. | 11. Crystals of chloride of ammonium. |
| 4. Protococcus pluvialis.      | 12. Crystals of sulphate of soda.     |
| 5. Epithellium.                | 13. Mineral particles.                |
| 6. Vegetable spores.           | 14. Desmids.                          |
| 7. Spores?                     |                                       |

This cut is reproduced from a scientific work published a few years ago and gives a person a good idea of what can be seen in the air, when under the microscope. If there is putrefied material in the air cell, how long will it take for bacteria to breed in this putrefied material?

When there is a fever, the body should be washed every hour or two with the hand of some friend or some interested person who is desirous of seeing the person recover. No trained nurse and no trained brute should be allowed around the body of a person with consumption.

They better be alone. The mother, father, or intimate friend would have a soothing influence which cannot be estimated.

For the remedies in hemorrhage, we advise the use of lycopus (or the bugle weed) made freely and drank, a quart in twelve hours.

The buds of the spruce, the little ends that are at the ends of the branches, a double handful soaked in three pints of water are all most useful remedies for a case of hemorrhage of the lungs. An infusion of raspberry leaves, an ounce to a pint steeped twenty minutes, is a good, palatable, useful drink after hemorrhages.

One half teaspoonful powdered bayberry bark is a specific in bleeding.

If the urine is scanty, and infusion of cleavers, peppermint, spearmint or queen of the meadow may be used.

For weakness, make an infusion of chamomile blossoms, a double handful in a quart of cold, soft water. This should be drank during the day.

No person gets well on hard water. They must have distilled or pure soft water. If the tongue is coated and there are bunches on the neck, or if the breasts have bunches in them or if the glands under the arms are swollen and face putty colored, have an emetic given every other day until the tongue is cleaned off and until the bunches are gone. For nervousness, German chamomile may be given in infusion an ounce to a pint. For sleeplessness, give scullcap an ounce to a pint and a cupful may be drank warm on going to bed and repeat every little while. For pains in the bowels, give an infusion of wild yam, best of cinamon, and T. composition equal parts. (This is called the Grippe compound. Form- 36). For headache, use injections and fast. For extreme emaciation, with red tongue, give one to five teaspoonfuls of pure olive oil with sugar every morning. This may be repeated during the day.

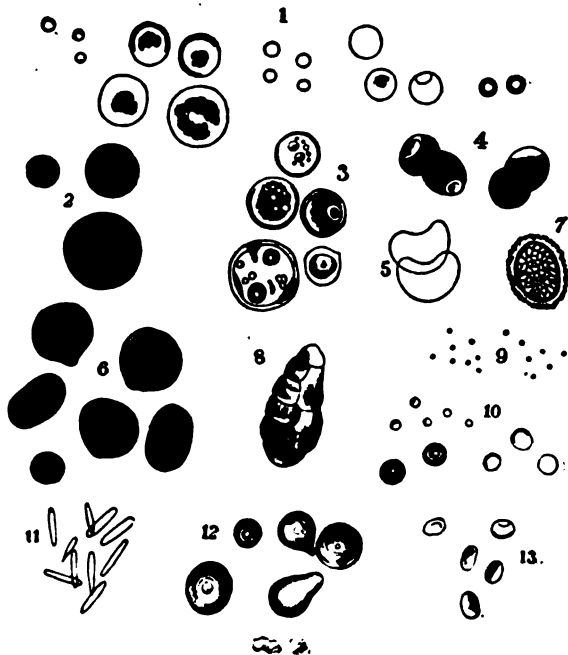
Also see that a clean person rubs the bowels and hips, back, chest, neck, back of the neck, and upper part of the arms with good oil every day after the bath has been taken early in the morning. It is better for the consumptive persons not to eat but one meal a day, no matter how hungry one gets. They will be better with one meal, but two at the outside should be allowed.



Remember that the corpuscles have all they can do to eliminate the old material that is inside the body.

Soups of mutton, beef, turkey, deer, can be allowed. All things forbidden in the diet list (See Scrofula) should be prohibited. Day after day this treatment should be followed up. Nuts and dates, figs and cocoanuts, in abundance, melons, ripe fruits or all materials that the corpuscles can use. But these should not be mixed and only one or two at the most of these articles should be allowed at a meal. If in the mountains or at the ocean, some fish—which should always be clean fish, with scales and fins—can be caught fresh and bled immediately upon being caught, (chop their heads off), these fish can be allowed three times a week. Positively no bread, potatoes, tomatoes, or any cereals whatever, of any kind.

Fig. 62.



This is another cut from the same work showing the same materials from the air we breathe. If the reader desires to have practical experience of these objects in the air, put your face down to the carpet—no matter how fresh and sweet it is—but of course, the longer the carpet has been laid, the worse it is—and take an inhalation from this atmosphere.

Yet there are hundreds and thousands of mothers who allow their babies to inhale this carpet dust day after day without a thought. In cases of consumption this air is fatal to the victim. More putrefactive material goes into the lungs and they are deprived of the necessary pure air. No bacteriologist need ask us where the bacilli come from. By examining any carpet that has been down a month we have the answer.

should be allowed during the time that there is any trouble in the lungs nor for six months after the cough has entirely disappeared.

The use of the emetic as given in the early pages of this book, as one of the steps, is one of the most beneficial of all the steps taken to eliminate old and effete material from the body. We have some hundreds of people in the United States who are now prepared to give this emetic understanding it. (There are two in England.) See pages 184-5.

If the reader has never seen this and has a case where the tongue is coated and the patient a little ways off from drugs and patent medicine and the doctor, the directions which have been given may be followed out until a thorough emesis has taken place and great benefit will be derived from this step.

The doctor knows nothing about this, any more than he knows the cause of consumption, or the cause of chills and fever. The doctor is a dumb dog.

If in the winter, the air should be supplied to the room, as the patient cannot, of course, go so much out of doors. Neither can they walk on the grass or the ground. But a half a minute on the snow, no matter how tender the feet of the child or girl, the foot to the snow for just a few seconds running in and out will assist the circulation so much that, after having done so once or twice, they will see the immediate result from the sudden shock to the system and this quick way of giving oxygen to the corpuscles of the blood which are in the feet.

The more out of door air breathing one can get, the quicker they can be well.

After the walk in the snow the feet may be washed with cold water and they will not be cold again that night.

Of course, this advice is not given to a person who is not much sick, nor where the menses are on. Have judgment with all this advice.

If constipated, use enemas to the bowels. An enema may be of catnip, or of Canada snake root, or, if there is any itching in the bowels an injection may be made of white pond lily root. If piles, use injections of raspberry leaves or witch hazel. Other symptoms which may come up, may be treated as under their appropriate heads.

We believe the time will come when every consumptive, as soon as the disease is diagnosed, or, when the loss of weight commences will run to the mountains, provided for the cold, and face it, breathing in the needed oxygen until every fibre of the body is renewed with pure air and life.

When the nation commences to obey the words of God and departs from their folly and ignorance, the days of consumption will be ended. "THE WISE SHALL UNDERSTAND."

## DISEASES OF THE JAW.

In reality there should be no disease of the jaw if a person has sound teeth, but on account of the modern living and modern habits, we have a great many diseases of the jaw. The majority of these diseases are dependent upon decayed teeth.

Or if the teeth are not decayed at the present, they may have been decayed and have been filled. If the teeth have been filled with a sensible filling, that is, cement, gold, tin, or pure silver, the fillings will not cause any trouble.

But, in modern habits of today the filling the teeth are with gold, some with cement, and much amalgam. The last named preparation is usually composed of tin, copper, and quick silver.

The dentist in his smooth lying way, tells his victim that he is going to put in silver filling, but really is not going to do anything of the sort. He is going to put in a silver filling, but the silver is QUICK SILVER, or in other words, MERCURY. The tin and copper are dissolved by the action of the mercury and in this condition the mass is placed in the tooth's cavity where it hardens.

The first thing, of course, is for the dentist to get his money. He gets it. The victim with either one or a dozen of these teeth filled in this matter, now commences to have little twitchings of the muscles under the eyes. Weak eyes come next. There may be some roaring in the head and the hearing loses its acuteness.

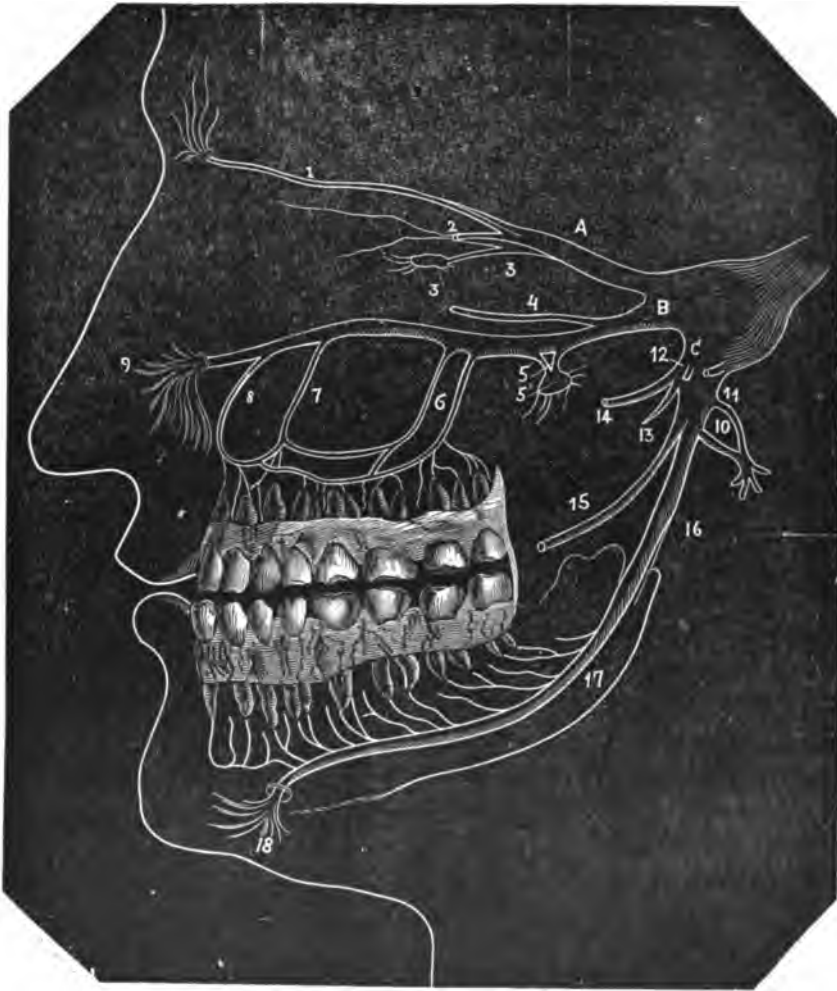
After a little, there will be blurs before the eyes and the patient will complain of some soreness of the throat. Some little time may elapse when they will have a trouble of the stomach. They will think they have dyspepsia. In other cases they may be a bunch form underneath the jaws or above the jaw from this amalgam filling, and this will be called a tumor, which the doctors will wish to cut out and take a good fee for the cutting.

If the patient goes to an oculist, he will give him a pair of glasses and tell his victim that he or she has astigmatism, and have the glasses changed every once in awhile. This makes a good bill for the oculist.

Then he goes to an ear doctor. Ear doctor tells him that the drum of the ear is hardened, or any other old story, or that the ear drum is cracked—in fact, it does not make any difference what story is told as long as the oculist and ear doctor get their money.

For the trouble in the throat, they consult a specialist and he tells the poor fool that he has the catarrh and needs an inhaler. After while the victim loses his memory. The brain becomes softened, and so on to the end of the chapter.

Fig. 63.



Branches of the fifth nerve.

A. Ophthalmic division. 1. Frontal. 2. Nasal and long ciliary. 3. Branches to Ciliary ganglion.

B. Superior Maxillary division. 4. Orbital. 5. Spheno-palatine (Meckel's) ganglion. 6. Posterior dental. 7-8. Anterior dental. 9. Infra-orbital.

C. Inferior Maxillary division. 10. Auriculo-Temporal. 11. Masseteric. 12. Deep temporal. 13. Pterygoid. 14. Buccal to buccinator, etc. 15. Gustatory. 16. Mylo-hyoid branch. 17. Inferior dental. 18. Mental.

If any of these teeth are filled with amalgam, a battery is at once commenced in the mouth, which battery influences in a depressing manner all the lower part of the brain.

When the teeth are out and the red rubber plate is worn, we have the entire roof of mouth to absorb all the loose mercury and next become affected by the electrical action which is conveyed by the branches of the fifth nerve directly to the base of the brain destroying the eyes and ears with this compound of Bi-Sulphuret of mercury.

Now the reason of all these things is because of this tin, copper, zinc, and quicksilver which this lying dentist, calls a silver filling, but which in reality is a quick-silver filling—this filling with the saliva, forms a battery in the jaw and is transmitted directly along the tract of the maxillary nerves to the base of the brain and from there it is transmitted to all portions of the system. Or, in other words, the whole system suffers from the battery in the jaw affecting the base of the brain.

We have seen cancers, small tumors without number, sore throats and eye troubles too numerous to enumerate, with all sorts of throat trouble and nervous conditions, weakness of the brain—all come from the effect of these amalgam fillings. Quick-silver fillings.

Beside the effect on the brain, the amalgam fillings destroy the life of the teeth behind it. It is a preserver of the tooth all right, but it preserves it too much, as it does not allow the living matter to have any circulation after it is once put in the tooth. It is the preserver of death.

We have no space to do more than mention the surface of the damage that has been done by these amalgam fillings—these amalgam, or quick-silver, copper, and tin, sometimes zinc and cadmium fillings that are placed in the teeth.

It is far better to have a rotten tooth than to have this filling of amalgam.

Bunches underneath the jaw, which are sometimes called swelling of the glands, or tumors at the angle of the jaws, which may spread, involving the sub-maxillary glands, are very frequently from the teeth that have been filled with amalgam.

The remedy for this is to have the amalgam taken out of the teeth and then fill with cement for six months or a year and then filled with gold.

If the teeth are too fragile to be filled with gold, they may be covered by a cap or crowned.

Wherever the patient can afford it, gold is the best filling to use from the start. And with a diet of fruit and nuts, there is not any trouble about the teeth decaying.

Diseases of the throat should not have any particular treatment as long as the amalgam fillings are in the teeth.

The teeth should be attended to at once.

Red rubber plates often start a very severe inflammation in the jaws, or in the glands under the jaws. Cancer has been a direct result of a red rubber plate.

The glands swell, are tender, some salve or liniment is applied;

but the cause—the red rubber plate, twenty-four parts mercury, thirty-six parts sulphur, forty parts of rubber—is not suspected.

Gland continues to swell. They cut it out. Does not heal. Aid of a microscopist called in. Pronounces it cancer. More plasters, surgeons, consultations—death.

No amalgam fillings, no red rubber plates—no diseases of the jaw.

### NECROSIS OF THE JAW BONE

Is an affection where the bones commence to decay, or rot and die. The cause for this decay is usually from inhaling sulphur or phosphorus, as in the case of persons who inhale the fumes of matches.

**Treatment.**—Remove the patient into the purest of air and give active treatment as in the case of scrofula. Remove all obstructions from the system. Diet same as for scrofula.

If there is any *sinus* (or hole in the jaw), wash it or inject it with the same preparation used for FISTULA IN ANO, which see.

Same time, make sure all the body is free from all obstructions. Injections to bowels in case of constipation.

Alterative syrup or special mixture with continual out-of-door exercise. Diet of fruits and nuts and only the clean meats and fishes allowed. Everything must be cooked well done.

Abundance of pure air and soft water are imperative, and no cure need be expected until all the personal habits are correct.

The same causes will produce the same results. Change all your surroundings.

### TEETH.

Every person who arrives at the age of thirty and some times a little previous to that time, should have thirty two teeth.

Sixteen should be on each jaw and eight on a side.

Four back teeth, which are called wisdom, do not usually come through until the person is twenty two or twenty six.

These are usually soft and decay soon.

There is usually some trouble in the wisdom teeth coming through because there is not room enough in the jaw to allow them to come up easily.

No directions about these teeth would do for every one. Consider the conditions and eat such food as will give nourishment enough for all the teeth.

One of the greatest troubles with the modern age is that they will not consider the conditions which surround them, but leave these considerations to some one else and these others do not think for them only a little and for their own benefit very much.

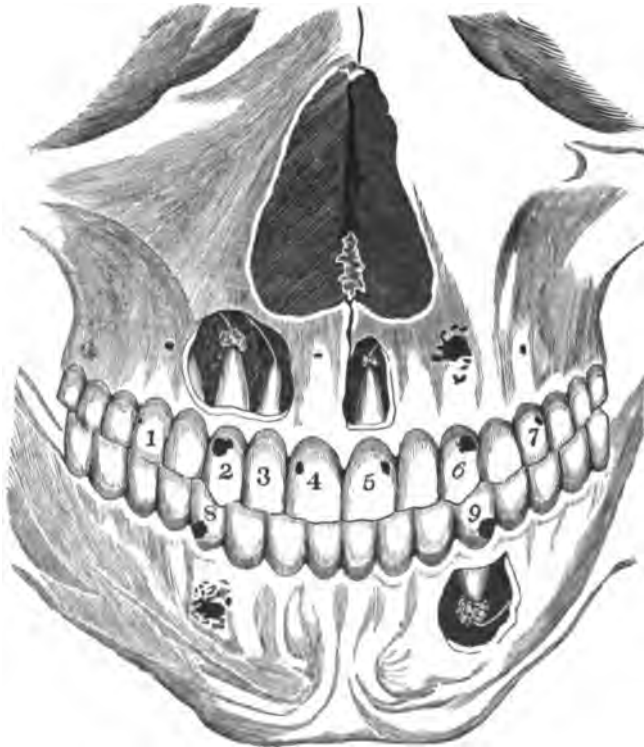
Also, it is the fact that the proper train of thought is not set forth at dental colleges and they do not really have proper knowledge where they should understand to save the persons teeth, even if they desire to, and because of this ignorance, they, the dentists themselves often go to destruction.

A case illustrating this occurred in the little village where this book has been written. A dentist—who in many respects was an estimable citizen, had all his own decayed teeth, filled with amalgam or quicksilver filling which we have spoken of in several places.

Amalgam may be composed of several articles, tin, copper and cadmium have been used and other minerals, but these are always dissolved with Mercury.

Every one of the fillings that we are condemning have the base of this mineral Mercury.

Fig. 64.



Shows teeth in various stages of decay.

1. Small cavity, also spot showing commencing congestion at root of the tooth.
  2. 5. 6. Shows congestion at root and cavity in tooth, where enamel is broken through. These teeth ache. Coffee makes decay of teeth in this manner.
  9. Congestion and probably ulcer at root—or fang of tooth and decay above the gum.
- All the care in the world do not preserve the teeth, unless one has proper tooth material in the body.

Dr. dentist had many of his teeth filled with this amalgam compound.

One day the writer, being in his room, told him of the evil effects of this compound. But the dentist laughed. He thought he knew all there was to know about teeth and their filling and he did not listen.

In a few days after this he had the headache—called in a “regular,” who gave him something for his headache, and in a few hours he was dead.

So from these and other occurrences, we are sure the dentist does not know what he is about, when he uses this amalgam filling in the teeth.

Teeth grow from within, outward.

Every thing to nourish the teeth is carried up to the root, or fang of the tooth and there is taken inside of the tooth, and the tooth is built up.

Whole wheat meal is better than fine flour bread, as nutriment for the teeth.

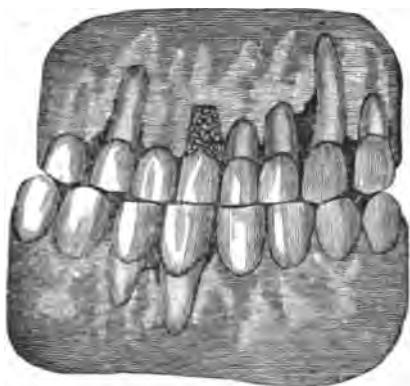


Fig. 65.

Shows the gum breaking away from the teeth. Usually the condition is caused by the action of the doctors' drugs. Iron, quinine, muriatic acid, calomel and antimony are destroyers of the teeth.

Nuts furnish the ideal element for the teeth. Then soups made of long boiled bones.

If the nourishment is in the body, the teeth will call for it and find it. The blood corpuscles will bring it. Growing children should be supplied with soups, whole meal bread and an abundance of nuts.

These should be eaten at the meal time, and the stomach will not make any complaint. Eat nuts with fruits.

Some pure candies—home-made—might be allowed; but the ordinary colored candies, “slickers,” peanuts, bananas, fried cakes and manufactured syrups, as well as manufactured jellies, should not be allowed.

Pork and potatoes do not furnish good material for teeth.



Coffee and tea destroy the enamel of the tooth, especially if placed too warm in the mouth.

When the child has the milk teeth decay, they may be filled, carefully with cement. Amalgam, or what the dentist tells you is a silver filling, should not be used.

Brushing the teeth is a good habit, and should be taught to all children. A personal tooth brush teaches many lessons. Charcoal, salt, chalk and the common tooth washes should not be used.

For toothache, as a temporary relief, clean out the cavity and apply the OIL OF PEPPERMINT.

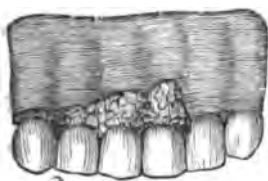


Fig. 66.

Shows the gum having been "sore" or inflamed, now covers the teeth with tartar, forcing the gum to recede from the teeth.

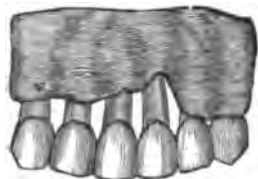


Fig. 67.

Exhibits the teeth after they have been cleaned and tartar taken off. This distressing condition comes on after one has taken many kinds of mineral medicines.

CREASOTE stops toothache, but soon disintegrates all the tooth. So does Carbolic Acid. Ether and chloroform will allay, for a time, the intense agony.

We advise you to go to a dentist and have it out, or the nerve taken out—and have it done properly.

If the dentist observes that you are a thinker, and already have some knowledge, he will treat you much better.

Supply your body with proper tooth nourishment and your teeth will never decay.

If the teeth are decayed and cannot be preserved, take them out and have a plate of black rubber, porcelain or gold. Never have a red rubber plate under any consideration.

Before I close this article, I cannot forbear to relate an incident which came under my personal experience some ten years since. One of the brightest minds that we had in America, a professor of materia-medica and perhaps the best educated botanist in the world, was seated in the lecture room, just previous to his giving a lecture before the medical students. He was showing a beautiful red rubber plate, or a pair of them, that he had made at the dentists. Being well acquainted with the professor, I stepped towards him and told him that if he wore that plate, he would have

trouble with the eyes or the ears. I was about to tell him the composition of red rubber, or vulcanite, which is twenty-four parts of mercury, thirty-six parts of sulphur, and forty parts of rubber, but he turned towards me with such an air of commiseration and condescension, that my mouth was stopped. He placed the teeth back in his head and remarked with a sly glance at the students, who were still surrounding him, that if other people could wear red rubber plates, he guessed he could.

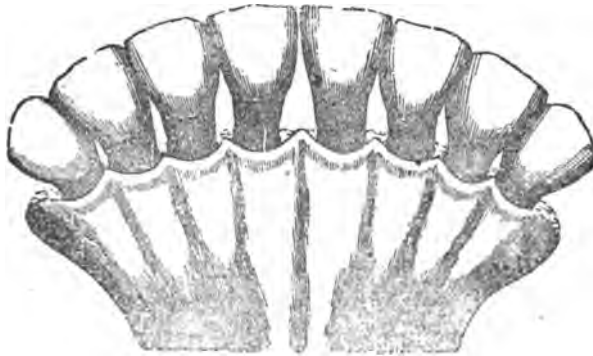


Fig. 68.

Cow's teeth while she has been feeding on grass and grains.

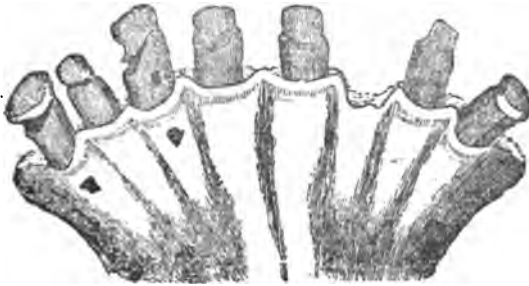


Fig. 69.

Showing effect on the teeth of cow, fed on slops from the "brewery."

A short time after this he had a bunch come underneath the jaw. This bunch was sore and irritated him. After it had annoyed him for some months, he allowed some good surgeon to cut it out. The operation was very successful. The bunch was removed. But it did not heal up.

Application was then made to microscopist to examine portions of the tissue. The microscopist told him that he had a cancer. He applied plasters then—famous plasters—whose composition is secret and cannot be obtained only by the initiated—and they applied these plasters and still the sore did not heal up. The unfortunate professor finally sent out an agonized appeal to all his brethren to assist him, for, as he worded it, "this monster was

eating him up." Poor fellow! He would not have the light when it was given him and in a short time he was beyond hope.

Before he died however, his son wrote me a letter stating that his father had not worn the plate for almost two years. I had not mentioned the plate but it is evident that they had some thought about it after the fatality came. But, true to their instincts for nosing after the allopathy and "regular" calomel giving liars, they still believe in a bug, a germ, cocci, baccilli, bacteria, spook, and all that sort of stuff that denies the action of the vital force, and does not take the mercurial compound into consideration.

Every day we witness this apathy and stupid procrastination. If other people can do it, so can they. And with their red rubber plates and amalgam fillings, they have a form of softening of the brain and, finally, go overboard into oblivion.

### GOITER.

Goiter is sometimes called Derbyshire neck. It is really an enlargement of the thyroid gland. The thyroid gland is situated close by the trachea and larynx. And when it is in its natural condition weighs from one to two ounces. It is usually larger in females than in males, and is more often swelled or increased in size in women than in men.

This gland is full of blood vessels and also lymph spaces. It is supplied with blood from the innominate artery of the aorta and these arteries are very large.

When this gland is very much swollen or increased in size, so that it becomes noticable it is then called goiter.

If we want anything in the world to prove the stupidity and the lack of good ordinary, common sense in the medical profession, we should point to the treatment that they have for conditions of goiter.

Of course, their doctors never knew why it should become inflamed or why it should become enlarged. They do not know anything about the functions of this gland or what it is there for. They do know, however, that when they have removed it, that is, have cut it out—because they try all these things—try them on dogs, cats, and the human animal when they get a chance, that the brain becomes degenerate and the person falls into a state of trembling, paralysis, and imbecility.

Therefore, these good doctors don't cut out the thyroid gland any more. This is one operation that they have learned to keep their knives out of. Like many other portions of the anatomy of the human race, this thyroid gland is something that the allopath doctors have no use for.

Of course, if there comes any inflammation in it, he commences to blister it with anything at hand and puts cold compresses on the neck and pricks the veins to let them bleed a little, or lets out blood either from the arm or from the internal jugular or any old thing at all—it is all “good practice”, in an allopath doctor and he will be “upheld” by his “society” because they do not know what in the name of Heaven, or any other place, this gland is for.

Nor do they know why this gland swells and grows larger in a woman than in a man.

Nor do they know, why after a woman has a child, that this gland becomes larger and they do not know why this gland has large arteries. In short, so far as the doctors know, if we may judge from their books, they don't know anything about it except it is there and if they cut it out, the person they cut it out of, will sink into imbecility, and we suppose they learned this by trying it.

We make a proposition.

We will suppose that God at the time that he made man out of the dust of the earth had ordinary, good common sense. When God saw that the neck had to be small and flexible to move the head in every direction very rapidly, and that at times the brain had to be supplied with blood very rapidly, he placed a reservoir on the front part of the neck that was supplied with blood and well supplied with lymphatics, so that the brain could be nourished quickly and would have a reservoir of fresh blood to draw on at any time there was a call for it from the brain.

Again God might have guessed that there might be singers after a while and that the bronchial tube and the larynx and all the vocal organs, would want a store house from which to draw material to keep these vocal organs elastic. Thinking of this we have the thyroid gland as a wonderful reservoir for this purpose.

But the “regular” never thinks. He grovels and pronounces it “obscure.”

This then is what the thyroid gland is for—a reservoir for blood and lymph from which the nerves of the head and brain can be readily supplied at any time there is a rapid call for nourishment and supplies for the brain. Or for the vocal organs.

As we started out to say, this gland swells very large at times and when it swells up very large, it is called goiter, or, the Derby shire neck and makes an unsightly appearance. The doctors advise putting on iodine and they give the iodide of iron internally and then they use the bin-iodid of mercury on the outside to anoint this part. This does not do any good, but it keeps the pa-

tient easy and keeps doctor guessing the causes of the swelling.

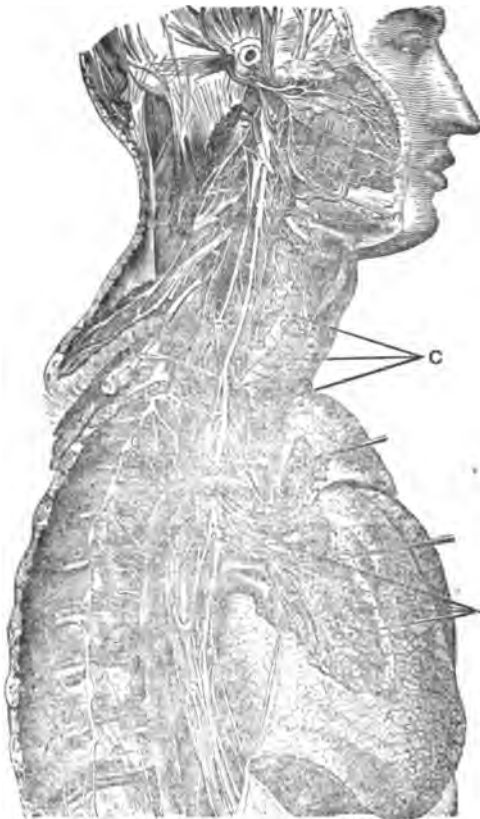


Fig. 70.

Fig. 70 shows the situation of the Thyroid gland, the gland that is swelled and congested in the condition called GOITER. We can often witness this condition on children that are growing fast where they have excesses of starch food and do not have sufficient air to breathe.

All patients with Goiter can be rapidly benefited by attention to the laws of diet and drink.

In proof of the correctness of the author's supposition—that the thyroid gland is the reservoir for blood and lymph as a supply house for the brain, consider the multitude of arteries connecting with the heart near by. Very large arteries are near by the gland. Lymph spaces are abundant.

The cause of swelling, or growth in goiter, is uncleanness, starch foods, hard water, and constipation.

When the blood gets full of old material it has to be ejected. As the thyroid gland is one of the most available places for waste material of the body, the blood sends this material out to the thyroid gland, and we have goiter.

The goiter, then, is simply a bunch of old material brought there and deposited because the vital force cannot get it out anywhere else.

### TREATMENT.

To get the goitre away, place the person on correct diet—fruits and nuts, soft or distilled water, and rub the parts with stimulating liniment, or anything whatever that will soften and assist the vital force to loosen up this bunch and take it away in the same way that it was carried there. This can be done in longer or shorter time.

I have cured goiter nearly as large as a child's head in six months

to two years by this treatment. Small ones can be rapidly taken away by purifying the blood.

The patient becomes better all over, and the whole system. The heart is easier in its action and the countenance clears up. The eyes look clear, and the whole body is better.

If every man knew how to take care of the woman when he marries her, there never would be another case of goiter. And if the woman knew enough to fight to take care of her own body, she would never be troubled with any of these diseases that are said to belong to females.

It is ignorance of the laws that God has placed before us.

The oil of cedar, diluted one half with cotton seed oil, is a good preparation to rub on.

Peppermint oil diluted twice or six times; that is, one oil of peppermint to six ounces of olive oil, makes a good application to rub on.

The external application number five, also gives us a good local application.

If very hard, one can apply a poultice made of ground elm, three parts, lobelia, two parts and spikenard, one part. Mix together and apply cold at night.

Wash all this off the first thing in the morning and during the day, do not have anything more than a thickness of flannel on the outside.

See Scrofula for diet list, which if you follow, will bring you success. But all cases require patience and perseverance and obedience to all the laws.

Although we have always used a combination for these cases, and never depended on any one article, we think, if we were to name a specific for GOITER, it would be the continued use of the CHIMAPHILA UMBELLATA. A decoction may be made by boiling one ounce in a quart of distilled water, for an hour.

There will be a scant pint left. Strain, sweeten and drink in small doses. It is intensely bitter and is a great cleanser of the intestines. In all cases of vascular disturbance, where there is irregular beating of the heart, where there are engorged lymphatics, flushed face, short breathing, small doses of this bitter herb will be found very helpful. But do not depend on any drug while the water is hard and the air impure.

#### EXOPHTHALMIC GOITER.

When the eyes are apparently growing out of the head, that is, enlarging and pressing outwards, apparently bulging out and becoming larger, it is called Exophthalmic Goitre.

Here is what the regular says about that:—

This is also called Basedow's Disease. This disease is usually encountered in women; its course is chronic and the ultimate outcome is recovery. Death, however, occasionally results.

The etiology is obscure, but the disease occurs frequently in those of the neurotic habit. The theories propounded for the explanation of exophthalmic goitre may be placed in three divisions:—(1) The cardiovascular theories, which locate the seat of the disease in the heart itself, in the vessels and in the blood; (2) the mechanic theories, which connect the symptoms with compression of vessels of nerves in the neck by a primarily hypertrophied thyroid; (3) the nervous theories, which attribute the disease to disturbance in the vagus nerve itself, or in the central nervous system.

**TREATMENT.**—Rest and protection from excitement are essential conditions of a successful treatment. After this the treatment is mainly directed to the symptoms. The remedies most used are the bromids for two reasons—(1) as nervous sedatives and (2) for their reputed action in producing anemia of the nerve-centers.

In some cases, when there is no cardiac lesion and the pulse is good and strong, aconite with the bromids is of service. Ergot, for its power of contracting the caliber of blood vessels, is also a rational remedy.

There is a difference of opinions as to the propriety of administering iron. Tyson believes the decision should be based on the condition of the patient and on the presence or absence of anemia. Galvanism of the sympathetic is said by German to be of service. Theoretically, it should be. A constant current of from five to eight cells is used; the positive pole along the sternum. Special efficiency has been claimed for the tincture of *nux vomica*. Thyroid extract (see Thyroid Treatment) has not proven very useful. Section of the cervical sympathetic is advocated by some. Ligation of the carotid has been practiced by pulsating exophthalmos. The results of operative treatment have been partially satisfactory. Oppenheimer collected sixty-eight cases; eighteen completely recovered, twenty-six were more or less improved, nine were not changed, five died almost immediately, and four within twenty-four hours. (Gould and Pyles' *Cyclopedia*, 1900.)

After one has read this and understands what the regular doctor is talking about, the absurdity of their conclusions is painfully manifest.

Indeed, the original mind and idea that a disease as plain as this is should be called "obscure" does not seem possible to a thinking American.

A thing like this might be obscure to a man who had never given any attention to anatomy or physiology, but to a man who has made a study of anatomy and physiology, who has seen the human race in several aspects of life, the idea of a reason so apparent being "obscure" in its causations is certainly admitting blindness that one should be ashamed of.

It will be seen by reference to the "regulars" that they have three theories, and, of course, the author of the *Cyclopedia of Medicine and Surgery*—up to date 1900—does not commit himself to either of these. Nor to any other. It's all "obscure" to him.

If a man should dare to think anything out loud in the regular medical profession, the next time the American Medical Association met they would quietly drop him, or they would put him out.

It has been the fashion ever since we can read anything about the Sanhedrim and the synagogue, that if anybody found anything that was new, and that thing that was new did not correspond with their blindness, they put the chap that knew, right out. The common people, "the dear, good people," never see anything of this. Opening their mouths, they swallow what the doctors say.

Some years ago a medical gentleman discovered a way by which he could successfully treat vesico-vaginal fistula with silver wire.

It is no discredit to him, because he was born a surgeon, that he practiced his experience on the female slaves he purchased at a mere song. He cured them after he discovered that a silver wire would hold the parts in their position. This medicine man's name was MARION SIMS.

Now, you would think the doctors, when he freely gave them this great discovery, would have immediately credited Marion Sims and given him great honor for this great discovery, for restoring so many women almost to life, at least to womanhood and to a life of use and comfort after such an accident has occurred to them.

Dr. Marion Sims went to New York, and what do you think, the regulars actually stole this and one of them, a high-toned regular, tried to palm it off as his own discovery.

Of course, in the American nation, this thing was too flagrantly dishonorable. It was brought before the notice of the merchants and they assisted Dr. Marion Sims on his feet.

These reminiscences come up to us every time we read of thing, a fact, or a condition, or a situation, being in the judgment of the regular, "obscure." What made it obscure? Because the regular never thinks. His nose is twisted by some German Professor of Bugs.

The reader will notice that there is always a heart trouble, a palpitation of the heart, or a disturbance of the beating of the heart, with this disease. Now this is ONE.

We see that the eyes are pushed out. This is TWO. And the neck grows big. This is THREE.

We have three positive symptoms, which should teach us that something is pressing against the nerves of the eyes, or comes up behind the eyeball itself, or else, really makes the eyeball larger so that they apparently bulge out.

Next we find that the heart beating irregularly must have a cause behind this irregularity. They think that the upper lid is retracted. They think also that there is an inability of the upper lid to follow perfectly the downward movement of the eye. This



is called Graefie lid-sign and probably other eminent men have other signs in regard to this disease.

The "Home Physician" published by four eminent physicians of Chicago, says, (please note what it says) "it has been supposed that it could be traced to excessive sexual excitement and is apt to occur in young women."

How these four medical men should have allowed a "supposition" and an erroneous statement to have crept into their books, we cannot see. Only that they have hunted up all the rest of their books and the rest of the books are "obscure" and they did not want to say anything about "obscurity", they threw in a supposition.

Osler says in his "practice" (1892) that "a disease of unknown origin characterized by exophthalmic and function disturbances of the vascular system and says that "worry, fright, and unpleasant emotions precede the developement of the disease in a number of cases. As a matter of fact, the author asserts that he has seen as many males with the exophthalmic goiter as females. And persons who work in cellars and whose food is wrong, who have indulged in tobacco and unclean sexual relations are the ones who have it. What we have said in regard to goiter in the article that precedes this, is applicable here.

The disease is caused by an excess of starch food together with any habit that weakens the action of the heart. Anything which clogs the ganglions of the heart, may, at the same time, effect the base of the brain and inflame the medulla, or cause a congestion of the optic thalami.

When this congestion occurs, the eyes commence to bulge out. The whole head is affected. In fact, the thalamencephalon may all be clogged by this excess of effete material and will be found that the mentality of the person who has exophthalmic goiter becomes, after a little, very much degenerated.

The causes, then, are from uncleanness, excess of starch food and unclean food.

Observe that in this state of vascular disturbance the entire body sympathizes, as is always the case, with the conditions of the blood. In fact, to boil it down, the blood corpuscles have been overloaded and have had to deposit their wastes and effete material in some other spot than the liver, spleen and kidneys, which are always clogged and filled previous to the existence of exophthalmic goiter. These are the causes of this condition.

It will be found as frequently in men as in women, but the men think of their condition quicker and change their habits when they find that their eyes commence to bulge out. The woman, unfortun-

nate wretch, has an idea that it is based on the fact of her sex, and goes to a doctor and takes medicine. For mind you, that although the doctors acknowledge that it is "obscure" and they have no reason for its being there, and their whole treatment is unsatisfactory, these dear, good doctors go right ahead, give iodine, calomel, put on the battery or any other old thing so as to make their bill out of the unfortunate wretch who trusts in their honor.

**Treatment.**—At once change the habits and the diet. Put the patient on to nuts and fruits. If possible, use the water treatment. Pack the throat and the liver every night and cleanse the whole system by means of non-poisonous remedies. If in a man with a history of venereal behind him, give an emetic every other day, and a vapor bath and an injection when needed. If short-breathed, cold packs are better than steam baths.

Combat all symptoms with appropriate remedies; that is, for the heart trouble, give lycopus. For bloating in the bowels, make a special mixture of peppermint, sassafras, spikenard, checkerberry, ginger and pomegranate bark, equal parts. To two ounces of each of these mixed together add a dram of cayenne peper. Mix intimately. Of this whole mixture take half a teaspoonful, place in a cup, turn on boiling soft water, let it stand thirty minutes, strain, sweeten and drink warm about fifteen minutes before eating.

When the modern doctor reads a prescription like above, he exclaims that this is a shot gun prescription. The writer has used this combination for many years with unfailing success in all cases of vascular disturbances, giving it to patients with the full assurance that there is no more pleasant or efficient bowel cleaner nor one more grateful to the stomach and intestines, or one which would clear out the vestiges of worms in the intestines than the above.

And when you once use it (and the dose should be made according to age and condition of the person,) with other steps, as of diet and bathing, it will be found successful. It may be continued six months or a year without any danger of its doing any hurt.

If there is wind on the stomach, anise seed may be added. And if there are little pains in the bowels, add wild yam. This has been an unfailing remedy with the author.

Do not use physic.

(For diet, see Scrofula.)

# ASTHMA

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The regular doctor books give us a whole lot of business about asthma and tells us all the causes of this condition. And, when we have read it through—the entire lot of causes—we do not know any more about it than when we started in. The way they go at it is to call it “an expiratory dyspnea that occurs paroxysmally.” Now we hope that all our readers, having this education, will not have to put an iron hoop on their heads, to keep this allopathic science from causing an expansion of the skull.

They further go on to say that the exciting cause is an “irritation of the nasal, pharyngeal or bronchial mucus membrane. This too is a lot of knowledge. They tell us that the iodine of soda or potash is the greatest help in many cases. They tell us plainly that Fowlers’ solution, which is a solution of arsenic and an iodine of arsenic, is the best remedy they have. Then they go on to advise chloroform, ether or nitrate of amyl and tell how good the anaesthetics are, mention stramonium, belladonna and nitroglycerine. Three poisons.

If we thought the old school had any knowledge of anything at all, we would put on short clothes and go to them. But, in this disease, as in every other, the regular has erroneous ideas from the first to the last, all the way through.

And it is a fact, that, if one looks on the out-side of an allopath or the “regular,” and hears him talk, we might think that he knew something, if we were only educated enough to understand his language. But just the moment we get hold of what the allopath says, we find that all his jargon is made to conceal his ignorance. His stupid and utter ignorance of the subject he is talking about.

In this explanation, he says an *expiratory dyspnea*; which means, according to their own definition—a difficult breathing. But they lie when they say it is expiratory. It is getting the breath in that is labored and difficult. Then we are advised to use a half dozen poisons, with no reason given and without reason.

## SYMPTOMS.

A difficulty in taking in the breath. As if the breath were drawn in through a very small space. An inability to breathe when lying down. A wheezy sound. And usually some heart trouble. The beating of the heart is not in every case, but is in many cases.

There are two kinds of asthma. One is the acute kind, which comes on quick and passes off quickly. The other is the bronchial

asthma, which lasts very nearly all the time. The cause of asthma lies in vitiated blood. This vitiated blood being laden with excess of starch and excrementitious matter, which should pass off by the bowels, has been reabsorbed and is passed up into the lungs and there that irritates the air cells and the bronchial tubes.

The irritation of the bronchial tubes and the air cells is because that in the muscular striata of these air cells and possibly in the capillaries as well, these effete materials have shut up or irritated or contracted, this muscular striata and the cells of the lungs are contracted. Made smaller.

And in this contraction, we cannot get the air into the lungs or into the cellular tissue of the lungs; of course, the entire volume of blood cannot be oxygenated or purified. In this condition we have these spasmodic attacks of this contraction of the lung cells and the bronchial tubes and we call it asthma. Spasmodic contraction of the air cells.

By reference to Dr. Jacob Redding's plate the reader will again see to what extent we are indebted to this discoverer for knowing exactly what is the condition of the lung in these cases.

We know what is the matter when we find this muscular striata made smaller or contracted. We know these little diamonds or squares have been contracted on account of being irritated and we know that this irritation comes because of some material. From each case we can gather a history of constipation; starch food; and most usually a sexual drain or sexual uncleanness.

Any way, we have in every case a preceding history of disobedience to the laws of life. Many a child a few years old may have the asthma on account of its excess of starch foods; or from improper food and hard water; and perhaps also from having been unnecessarily physicked during infancy. When a child is physicked excessively during infancy, it may have squint eyes on account of this same contraction and narrow chest and smaller intestines.

These conditions are often brought about by the ganglions of the heart being irritated or by there being much irritable substance or effete material that is irritating in the blood stream. From there having been sent to the ganglions of the heart and the whole heart as well as the tissue of the lungs filled with these irritating effete materials. These are the causes, always of asthma. It is not an obscure disease, but the causes are sometimes obscure.

Multitudes of other observations could be made to show that there is "obscurity" if we do not place ourselves in the conditions to get at the actual foundations of the conditions.

**TREATMENT:**

As this is a condition of contraction, it is very evident that our first step will be to eliminate all these effete materials as fast as we can. Next to relax the air cells. To have them elastic.

To relieve the spasms of asthma, there is nothing better than what we term "fever tea," alternated with the cayenne and elm. To immediately relieve the spasms, give two or three drops, or even ten drops or more, of the third preparation of lobelia. These remedies are useful while the paroxysm is on, but they are very little benefit for the purpose of eliminating the original trouble.

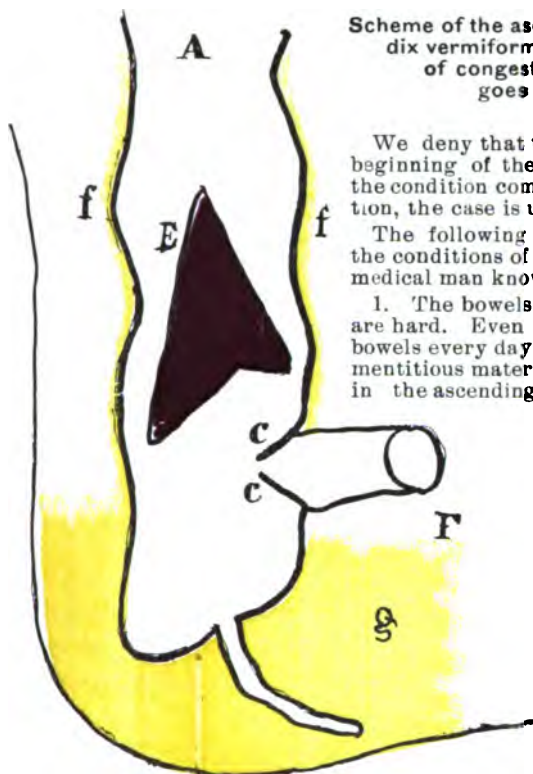
To relieve an asthmatic and give thorough relief, one may proceed (after giving the full injection) to give a most thorough emetic. (See pages 184, 185.) As the patient cannot swallow very fast, this emetic may be prolonged, and if the patient is a victim of the regular school and has taken morphine and been in the habit of smoking stramonium or nitre, they should put the emetic some days away, until the effect of these drugs is somewhat worn off. In other words, we should not follow the old school and loosen up their opiates, or whatever drugs they may have been dosed, with a vegetable relaxant. In these cases we have to be very slow.

Where the emetic cannot be given, give the injection, and if the person can lie down, put a pack upon the chest. If they cannot lie down, give the fever tea, alternated with the elm compound. It has always seemed to the writer as if with every case of asthma we have a history of piles or constipation, and we have to relieve this constipated habit before we can expect to cure the asthma.

But cases of asthma can be radically cured by attending to the emetic, daily bath, and the diet. The specific for day by day treatment is a tincture of wafer ash, five to ten drops on a lump of sugar, three or four times a day, when the breath commences to be short or when there are spasms. The diet should be strictly fruits and nuts, clean meats may be allowed and fish and an abundance of air. It is a doubtful thing with us whether the person should wear cotton or should wear flannel.

We have tried both, and we say wear what is most pleasant.

Mind the diet. Keep the bowels loose by means of injections. Avoid milk, eggs, pastries of all kinds, and by sticking to the nut and fruit diet we can promise nearly a radical cure to almost every case of asthma. Not a cure in one day because it would take from three, six, or nine months to get the body in such a condition as will make sure that the lung cells or the bronchial tubes are not irritated by this effete material. Lung cells must become natural and elastic before there is a cure.



Scheme of the ascending (A) colon, (F) ileum, appendix vermiformis and caecum, in a chronic state of congestion which always precedes or goes before the condition they call appendicitis.

We deny that the vermiform appendix is ever the beginning of the fault in the inflammation and when the condition comes up the second time, after an operation, the case is usually fatal.

The following may be stated as the beginning of the conditions of appendicitis, for which the allopathic medical man knows no other remedy than the knife.

1. The bowels are constipated, full of feces and are hard. Even if there is a small passage of the bowels every day, the great bulk of the feces (or excrementitious material that should pass off as manure) is in the ascending transverse and descending colons.

Observe, that during this time, allopathic drugs as aloes, mercury, senna, potash and croton oil irritate the linings of all the intestines. Homeopathic doses of NUX, Strychnine, Aconite, Belladonna or opiaes farther congest and contract the bowels, but do not clean them out in any way. Mary Baker Eddy's slimy and stupid "beliefs" do not cleanse out these bowels in any manner. They believe all right, but believing does not wash out or cleanse this set of stuffed full colons.

2. In this congested condition, the watery parts of the manure comes through to the outside.

3. When it comes through the walls of the colon, (as seen at f. f.) being a liquid it finds its level and fills up all the cavity below with this liquid juice of the manure, which has exuded, or been pushed through or squeezed through the walls of the ascending colon. The bowels in all these conditions are sore and tender. If you read in the works of the medical men there will be found the following statement:—"In all these cases (of appendicitis) there will be found a history of previous soreness and tenderness of the bowels, and a bloating in the lower part of the abdomen." Or words to the same effect.

4. Why is this condition of soreness and tenderness on the right side and lower part of the abdomen? We can tell you. Because the watery parts of the contents of the colon have been exuded through the walls of the intestines and settled in the lower part of the abdomen, and, if they have not been carried up into the liver through the veins, (see plate 1) then this liquid falls down and fills the lower part of the abdomen as you see at g.

5. After this liquid juice of the feces has been there for some time, it takes on a new form. It takes oxygen and putrefies.

6. Then what? Then, when this old material, the liquid juice of the manure has come through the walls of the intestine or through the ascending colon, and has putrefied we have the absorption of this material and irritation and an inflammation of all the caecum as well as an inflammation of the appendix.

7. After the appendix has been bathed or soaked in this juice of the feces for weeks or months and this liquid has turned to pus or yellow matter, you cannot wonder at the condition of the appendix when the belly openers cut the abdomen open and tell you how very bad the conditions are.

8. At E we have drawn an open diagonal space through which, the congested, stuffed colon and manure is seen. Observe (and you can read this in works of abdominal surgery) that if they do not operate there will come a time when there will be Rupture of the bowels and the contents of the bowels will come out into the abdominal cavity. That is, the bowels bursts open of itself.

9. Why will the bowels (ascending colon) be apt to rupture or break open, because of the inflammation of the appendix? Because the pus or matter (which came through the walls of the intestines as juice of the feces and then putrefied or turned to matter) had bathed, soaked, macerated, softened and disintegrated the outside walls and muscular coats of the colon, and, being softened and disintegrated by the moisture and heat from the offending feces juice and finally pus, the ileum still stuffing and pouring more material into the ascending colon, through the ileo-cecal valve, (C. C.) there was a continual strain and the softened and disintegrated intestines burst open. And death follows right along.



A good tincture of wafer ash is made by placing one pound of wafer ash in two quarts of alcohol. Stopper this tight, and take off after it has set ten days. This will be a very strong tincture and as a specific, this is the best thing we know of. Five to ten drops on a lump of sugar anytime. After using off, fill again with another quart of alcohol.

The bark from the plum tree root is said to be a specific and we have had it used in some cases with very good results. This can be made into a syrup (see syrups at the end of the book.) But nothing will cure an asthmatic until we have the entire body in good condition, cleaned from its uncleanness and its old materials.

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## APPENDICITIS.

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“Regular” medicine declares that the appendix, or the little tail that is at the bottom of the large intestine on the right side, is apt to become inflamed, and that, when it is inflamed, it should be cut off.

The cyclopedia says that the indications for operative interference are non-relief of pain and tenderness; but we say that the indications for the surgeon’s knife are that when the patient has the money to give the doctor—as there never was a more useless fake than to cut the belly open on the supposition that the little tail has raised a disturbance. To quote what the doctors have said about appendicitis would simply be to fill the volume full and as the whole thing is a falsehood, it is not worth our while to do it.

There are two conditions of the bowels which in themselves are extremely dangerous. The one is called appendicitis which is really an inflammation of the large intestine. The ascending colon. The other is called a stoppage of the bowels and is named sometimes volvulus. These conditions are entirely different.

In the case of so-called appendicitis, the pain is always on the right side low down and many times a tenderness directly above the right groin and running up on the right side. Sympathetically it may effect the entire abdomen.

In the case of volvulus, or, as it is commonly termed a “stoppage of the bowels,” it may be on either side, but is usually a little over on the left side around about the navel.

In the case of appendicitis there is pain continually, a bloating of the bowels, a swelling or filling with gas and great pain, which, as we remarked, is mostly on the right side. In cases of volvulus the pain may be all over the bowels. These two conditions are



really the most dangerous of all conditions of the intestines, if we except cancer, and with cancer these three conditions are the most fatal of all conditions of the intestines.

We will not quote any of the speculations or theories from the old school—because we have no time and we have no space and because there is not the least sense in all their speculations and theories.

We will suppose from the cuts that we have previously given, the reader is familiar with the make up and location of the small intestines and with the entrance of the small intestines or ileum into the large intestine and understands the location, at least, of the ascending colon, the transverse colon and the rectum.

We believe at first, that the condition of the body in every case of what is termed APPENDICITIS or inflammation of the bowels is one of a lack of oil in the system. In other words, we believe that where there has been any drain to the system, especially, any imperfect sexual drain, that the oil in that body is lacking. This is our belief, because in many cases that we have seen personally with appendicitis, there has been a history of a drain to the sexual system before this condition commenced.

We acknowledge, however, that this need not always be the case—that a person might be as pure as an angel and still, with the conditions that we are about to describe, they might have a case of appendicitis, so called.

But, whether there is, or is not, a lack of oil, the following conditions will always be found to be present.

First. There has been a history of constipation.

Second. There has always been a history of excess of starch food and of those foods, which would easily putrefy if placed out of doors on a warm day.

Let the reader now observe that when the colon, especially the ascending, and transverse colon become filled with feces that the water of these feces is taken up and absorbed and passed through this intestine on to the outside of it, into the veins and there is passed, presumably, into the liver. The reader should also observe that these colons are filled with orifices and when the feces in their semi-liquid state have been passed into the colon at the lower end of that colon, there has to be an upward motion to have these feces rise and pass into the transverse colon.

If, now, both these colons are filled with feces and have been continually filled for weeks, not emptied on account of constipated habit, a little pushing out every day, but not a very good motion of the bowels, and never soft, we find that this juice or water,

or watery part of the feces has passed through the colon and filled the outside of the colon full of this liquid.

So long as the veins can carry this juice from the outside part of the colon into the liver, the feces may remain in the bowels for an indefinite length of time. The feces become hard and the bowels are completely filled to distention. Many persons may go for many years with only one passage of the bowels in a week, or even fourteen days and then pass out nothing but little bullets. All this of course is unnatural, but these are the common histories of what are called cases of appendicitis. Now we do not say, and have not said that every case of appendicitis has been preceded by a sexual drain, but we say that in our experience every one of the cases had a history of imperfect sexual relations and this drain of the semen from the man accounts for the large prevalence of appendicitis in the male.

Greig Smith says (second edition, 1888, page 722) that "perforative appendicitis is usually found in boys between ten and thirteen years of age, although it occurs at other periods of life. The symptoms of perforation of the appendix vermiformis are either very acute, or acute supervening on chronic, or chronic throughout.

In the most acute cases there are either no premonitory symptoms whatever, or these are very vague and unimportant. The patient is suddenly seized with severe pain in the iliac region, symptoms of collapse rapidly set in, and death takes place in a few hours. Vomiting, rapid thoracic respiration, abdominal distention, and the ordinary symptoms of violent suppurative inflammation of the peritoneum are present.

In the second class of cases the patient will have complained for a few days, or perhaps weeks, of vague obscure pains in the right iliac region; he may have continued getting about or even doing his work, and may have exhibited few symptoms of illness beyond constipation and dyspepsia or other internal disturbances. Diarrhea is sometimes found. Some patients have these symptoms more marked; they are obliged to stay in bed, appetite is capricious, there is a little evening temperature, occasionally a rigor, and constipation is decidedly troublesome. Suddenly these symptoms are changed for others of a violent and grave character.

Rupture of the peri-appendicular abscess has now taken place, and the pus is diffused into the peritoneum. A few such cases have become acute after an examination by medical men.

In chronic cases the symptoms, at first not serious, very gradually become more grave. In these cases histories of repeated attacks are not uncommon. Usually there is a history of long standing intestinal derangement, with loss of appetite; occasional attacks of acute pain referred to the right iliac region; and sometimes vomiting. With exacerbations and remissions the disease progresses fitfully, until finally the patient has to take to bed. Evening temperatures ( $101^{\circ}$  to  $103^{\circ}$ ) of a hectic character, occasionally with rigors, now appear, and the patient exhibits the well known symptoms of abscess formation.

Locally, there is a distinct swelling or increased hardness in the region of the caecum. There is dullness or percussion. The overlying skin may be oedematous, but is really red, and there is great tenderness on pressure.

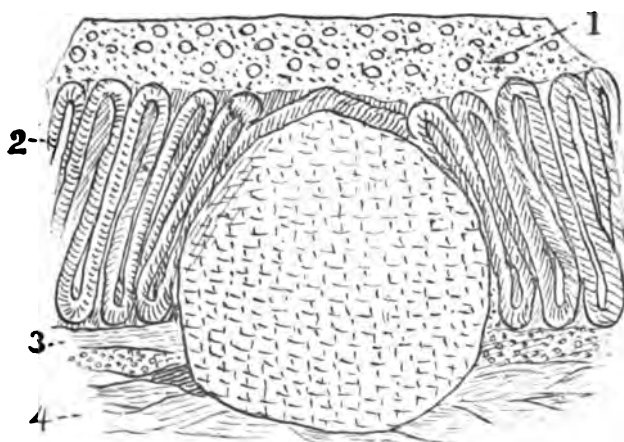
A most important sign may be got by examination through the rectum.

As the appendix lies near the brim of the pelvis, we may expect to find any considerable collection of matter in its neighborhood within the reach of the finger introduced into the rectum. To completely examine the pelvis with this object, it has been recommended that the whole hand if necessary, should be introduced. The existence of

fluctuation may sometimes be made out in this way. In any case detection of an inflammatory mass of thickening in the region of the appendix, is, coupled with the rational symptoms of appendicular inflammation, a most important diagnostic sign.

In the case of true caecitis or colitis, either in the neighborhood of the caecum or on the left side, the pus, escaping into the sub-peritoneal connective tissue, at once sets up a diffuse cellulitis which, in the majority of cases proceeds rapidly to suppuration. In some cases the inflammation produces that hard, brawny form of inflammation which we are so familiar with in pelvic cellulitis; the inflammation is diffused along the parietes under the peritoneum, either coming up towards the front or burrowing toward the back and most frequently tending to point somewhere above the middle of the crest of the ilium. There is no large localised collection of matter, it is spread over a large sea and lies much nearer to the surface than in true appendicular suppuration."

Fig. 71.



Minute structure of large intestine. (Gray's Anatomy.)

1. Surface of mucous membrane, with openings of Lieberkuhn's Follicles.
2. Lieberkuhn's Follicles.
3. Two layers of muscular mucosae.
4. Sub-mucous connective tissue.

When you see this cut, you will see that it is copied from one of the best works on anatomy ever published. No one can say that we are trying to foist any thing new on to their minds.

What are the follicles of Lieberkuhn for?

These little openings are for the purpose of allowing the juices from the semi-liquid feces pass through these walls and go through so as to have the passage of the bowels in its proper thickness and in its proper state.

Now, we are not laying any stress upon this fact of sexual drain, but we state most positively that in our experience we have never known of a single case of appendicitis where there was not a history of imperfect sexual intercourse or self-abuse. Still we are not dwelling on this subject nor this cause to make it appear that all those who are guilty of these two acts of folly have appendicitis, because, as the reader will soon see, we have another cause, which is the cause already in our mind. When this juice or water has been

<sup>1</sup> through the intestines and the veins on the outside part of

that intestine have become congested and there is a stoppage from sending any more to the liver, and we find that we have a body of matter on the outside of these colons, and this matter is simply what has been extracted from the feces in the intestines. In plain English, this is the watery part of the manure, which should have passed off through the intestines, but which has been kept in by constipation, and the water, or the watery extract, has passed on to the outside part of the colon, where the veins have been congested, allowing this water to remain on the outside part of the colon.

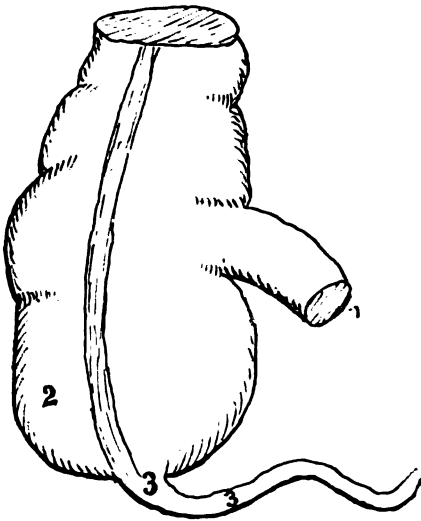


Fig. 72.

## Human Cæcum. (Treves )

1. Ileum, or the small intestine that empties its contents of refuse foods and the wastes and refuse of the system into the ascending colon.

2. All below the ILEUM is called the CÆCUM, or blind.

3: The appendix.

In some persons the appendix is only one inch long. In others it is nine inches long.

Does this water remain on the outside part of the colon?

Not at all.

Water always finds its level and always settles to the bottom; therefore this watery extract finds its way down into the lower part of the groin, where the cæcum and the appendix have their home.

After a time this water or this juice or watery extract which has come from the feces, from the heat of the body (98 deg. F.) begins to be putrefied. In other words, turns to matter. It rots, and is pus. The fluctuating bunch is always found low down, because this water from the intestines has always settled low down. And would settle clear down to the bottom of the leg if there was any way for it to get there, but there is no place for it to go any lower than the groin and the lower part of the hip, where the cecum and appendix are placed, and there in this place, with the heat and motion, we have what is called a continual pain and, finally, an inflammation, and, presto, we have both

a lot of matter fluctuating and an inflammation, of what? Why, the little appendix, of course. Now we state that the appendix has no more to do with raising a disturbance in the abdomen or becoming inflamed than the man in the moon had to do with killing Garfield. The man in the moon might have looked when Guiteau loaded his pistol, but he did not have anything to do with Guiteau's craziness; neither does the appendix have anything whatever to do with the condition of the bowels, nor did it bring the pus or the purulent material there.

This was brought there because the person had been constipated and the watery extract of the feces had been passed through the intestines and remains on the outside part of the intestine.

Here is the open secret of what the doctors have been calling an inflammation of the APPENDIX, and is it not astonishing that with so many brilliant minds among the American doctors that this fact, so patent to every one and so reasonable and above all so rational, and a fact of so common occurrence should have passed on and these medical men, who call themselves medical men and who are banded together as a medical association, should have acquiesced in such an absurdity as an inflammation of the appendix when the patent facts were before them that the whole thing came because of constipation? Because of exosmosis of this watery extract in the feces, which had been placed in the larger intestines from the ileum.

Crowded into this colon day after day, and passed all right, only the owner of this body still continued his unclean foods—still continued to retain these putrid feces inside the bowels, and never washed them out or did any more than to go to a doctor. What does this "regular" do for these conditions of tenderness? It is easy to answer. All regulars have been taught to give CALOMEL, with an opiate. Then follow with castor oil or salts. Under this treatment this ascending colon is more tender than ever.

Now, then, this outward passing of the juice of the watery extract of the feces is the beginning of all this class of inflammatory condition upon the right side. And to cut off the appendix with the statement that they do not know what the appendix is for, is only another fulfillment of the prophecy that God has long ago written. (II Thes., ii:11):

11. "And for this cause God shall send them strong delusions, so that they shall believe a lie." 12. "That they all might be damned."

## TREATMENT.

When there are pains and thickness on the right side, note it down that the first thing is to have injections to the bowels—large injections. These should be repeated until we have the whole colons flushed well.

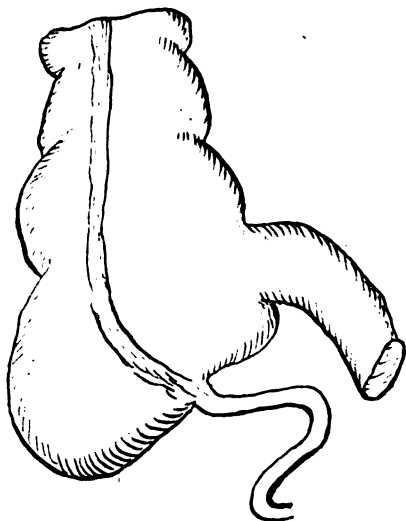


Fig. 73.

## The Human Cæcum. (Treves.)

Another cut of a different style Cæcum (or blind) and a shorter appendix.

No two persons have an appendix alike. We find that there are four distinct types.

The doctor "regulars" do not know what it was ever made for. And they make a whole lot of curious observations as to the only animals where it is found. It is easy to know what this little tail is for. It fulfils the office of an automatic governor for the ascending colon. When this colon is filled, there is notice given and the ascending colon contracts and sends out its contents into the transverse colon.

If we read the many surmises concerning this appendix—and consider what is said about the animals who have it and those who do not have an appendix, it will be instructive to our minds. They find that some kinds of monkeys have an appendix. But they never know why. It never occurred to them, that all animals that are in an *upright position* need this automatic governor to the colon. And those who walk on four legs keeping their heads down, do not need any appendix to have the feces pass up and out into the transverse colon. But when the "regular" medicine man discarded a belief in God—they cut themselves off from a whole lot of knowledge.

For these conditions as soon as the colons are flushed, have a pint and a half of warm olive oil and let the patient lie on his back with the feet elevated some and either with a bulb syringe or with a fountain syringe, held high up, allow this pint and a half of warm olive oil to go as far up into the bowels as it can go. For a very large man or for a man whose intestines are very much bloated, I would use three quarts of warm olive oil, and have him retain that just as long as it can be retained and when it passes off I would send in some more and have him retain this in the bowels. At same time prepare an emetic and commence to give it. For the intense pain there is no remedy that is equal to the composition, wild yam, and cinnamon—equal parts. This may be drank a cupful every five minutes. (Form 36,) Or, give balm (form 4.)

As soon as the injection is up and one is sure that by the softness of the passage coming down that passages are coming from

the small intestines and there is a way through the walls of the intestines for this old juice to get through—at the same time, take the liniment, rub over the bowels, especially over the places where the pain is, with the hand. Have three or four thickness of soft flannel wrung out in hot water and applied immediately as soon as one is done rubbing with the liniment. Apply this four thickness of flannel wrung out in hot water; directly above the spot or over the entire abdomen. Cover this with a warm towel—a bath towel then have a blanket, put around the hips and abdomen so that this blanket can be drawn up and pinned snugly together over this towel; and flannel. We have never seen the case where this did not give relief.

At the same time prepare an emetic and commence to give this as rapidly as possible.

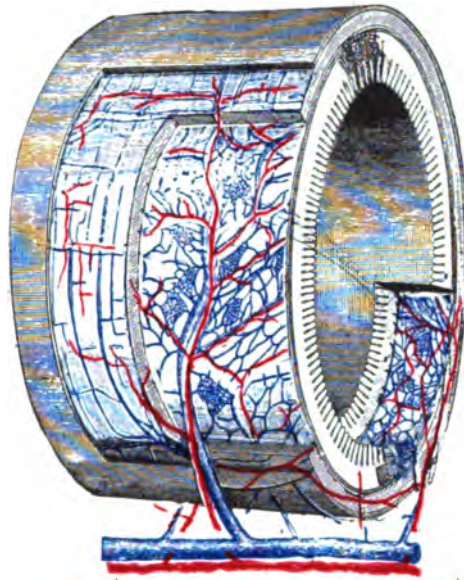
Catnip, composition or the fever compound and lobelia on the ninth cupful and on every twelfth cup afterwards until the person is completely easy of the spasms or pains.

All that we have described can be accomplished in a half hour. And there is no operation that we have any record of, that will accomplish as much as this. If no oil is at hand make the four quart injection of Raspberry Leaf, Wild Yam, Peppermint and Checkerberry herb equal parts—two ounces of each in five quarts of boiling water. Steep covered—keep warm. Strain and use this while the hips are elevated. The object is to get the small apertures (see figure 71) of the colon so well cleaned off that there may be two avenues of escape:—

1. Through the walls of the colon on to the inside of the colon where it can pass off through the bowels.

2. By opening of the congested veins on the outside of the colon, so that it can pass into the liver. This is rational, sensible, practical and without danger.

By continuing this treatment day after day and, when better, every other day, attending to the diet, which should be the same as for typhoid, we can easily eradicate every vestige of appendicitis out of the system in a few days. For other conditions see Stoppage of the Bowels.



**Scheme of the Intestines.**

The above cut is taken from Landois and Sterlings' Physiology and is one of the best representations or schemes of the intestines that we have ever seen. The walls of the bowels are shown and the arteries and veins are well depicted.

Now, observe that what is necessary to know about this intestine is the keeping it in good order. Black coffee, pigs' feet, brains, liver, tobacco, oysters, all will make these intestines soft and in the condition to decompose easy, and there is nothing that takes away the fats out of the bowels like sexual excess or traveling the "Royal Road to Sheol." When the intestine becomes contracted, it will be seen that these arteries and veins which are on the outside must become congested and stop the blood from circulation. Of course, it follows that this congested blood is ready to putrify with excessive heat.

Just imagine, an allopath doctor coming in at this state of congestion and giving a dose of calomel, opium or croton oil. He has found already that this is not good and he goes to work now and cuts the belly open. What he has done with his calomel, strychnine and croton oil has been fatal, and the great majority of his cut open and operated on patients are unfortunate at the present time. The operation may be a success, but the patient "fails with heart trouble."

Protoplasmic students will understand that a contracted intestine demands warmth and water and if any nourishment, it must come from Nature's own remedies, the herbs and plants which are not poisonous. These things are plain to those who desire knowledge, and any one can understand that will understand, or that is wise. The knowledge is before you.





# INTESTINAL OBSTRUCTIONS.

(Volvulus. Stoppage of the Bowels.)

## INFLAMMATION OF THE BOWELS.

Before we commence on this article, it is very important that the reader makes an effort to understand the mechanism, or the make up of the intestinal canal.

Unless, indeed, this subject is brought to your notice at a time when everything is in a hurry and you desire to know how to treat the patient at once—in which case turn to the treatment and treat your case as we have laid down and when you have time after your patient is cured, then commence to observe the mechanism of the intestines. First that is noticed will be the mouth—throat—œsophagus, or straight tube passing from the throat to the stomach—the stomach—the second stomach—the small intestines—the ascending colon—the transverse colon—the descending colon—and the rectum.

As a general rule the intestines of a person are five times as long as they are high. No general rule can be applied that will give the length from the throat to the stomach—(the œsophagus), because in each person this varies according to the height or length of the body. And, while all are made on the same general plan, there are no two persons who are alike.

Stoppage of the bowels, usually, is in some portion of the small intestine.

The small intestines, in an adult, will average from fifteen to nineteen feet in length. These are all gathered together in convenient and appropriate folds and the navel cord or umbilicus is situated about the center of these intestines. Uniformity of make up, runs through the entire intestinal tract. On the inside we have what is termed the mucous membrane. This is the inside membrane—has apertures in it which are called LACTEALS—has glands, which we have shown and which may be seen by turning backwards, called Peyer's patches and are really lymphatic glands—opened outwards in the intestines and also has many papillae—and this mucous membrane performs a most important part in the animal economy. Lacteals are little apertures in the intestine, through which the juice of the food passes from the inside part of the intestine to the outside part and then passes by what are called lymphatics to the THORACIC DUCT, which is situated close to the spinal column, and this juice of the food is passed up into the heart and there mingles with the blood plasma and at once furnishes food for the white and red corpuscles of blood.

If this fact—that the food only furnishes nourishment for the blood corpuscles and that, of itself, it really does nothing and that the living corpuscles take up this nourishment, and no doubt they, by the aid of this nourishment, or by holding this nourishment in solution, build up, repair, nourish, supply every part of the body with what is needed for that part of the body, is understood, you have the beginning of an excellent education.

When we come to consider the fact (which is the great basic law Protoplasm) that one intelligence governs the body and acts intelligently by means of these corpuscles and that there are no two governors nor two intelligences governing the body, but only one—and that intelligence has been transmitted from the loins of the male parent to the spermatozoa; and this vital force inside the spermatozoa builds up the body of the man or woman and that there is but one single intelligence building up this body, keeping it in repair, preserving it—if nourishment and the environments are supplied in an intelligent manner, we understand why the body is or should be in harmony with itself.

We see, for instance, that the teeth are placed inside of the head.

We do not see them growing on the feet.

We observe that the hair grows on various parts of the body where it serves as a protection and, we may suppose, an ornament also. It has its use. We do not find hair growing on the tongue.

We also observe that hair grows long on the head and on the chin—which, we may suppose, is a protection against the sudden changes of the atmosphere—but we do not find the hair to be long on the eyebrows.

Every minute portion of that body is under the influence of the vital force and there is no part of the body that is not under the supervision and direct influence of this force, by means of the corpuscles, either white or red. Some persons may say that the inner part of the bones has no nerves.

Nerves are not necessary for the inner part of the bone. That the vital force does not have any knowledge of what is transpiring in that bone, although we can not prove this. We believe that the vital force has knowledge of everything that transpires in the body. Protoplasm believes and teaches that the vital force is never killed.

That the word “spirit” as used in the bible—that is, the word as it is commonly used—spirit is the same thing, or same force that we are using the term “vital force” for. That the intelligence of the body—and the vital force, or the spirit, are one. But the

soul, or the intelligence of man is another intelligence and another force--if it may be termed a force--altogether distinct and separate from the intelligence of the body. In other words, protoplasm teaches, as we have endeavored to explain in the earlier part of the book, that there are two intelligences in the body; the one supervising and building up the body. The other intelligence which dwells in the body and is called the soul.

With this basis we now come to one of the most serious conditions which a man or woman can be placed in. A position so serious and of such an apparently complex nature (although we are going to make it plain as is possible for our intelligence to convey it to you) that the doctors of all ages have not only failed to make it plain to their patients or their victims and their friends, but in many instances, not hear say, but by almost personal observation, that these doctors and their books fail to give any light on the conditions which carry numbers of persons out of the world every year. For this cause we desire to call your attention very particularly to the make up of the intestines.

We have said that the inner coat of this intestine is called a mucous coat. This may also be called a layer.

If you will take four sheets of paper, place one on top of the other, take the top for the mucous, the next for the sub-mucous, the next for the muscular and outside of the intestines and what is called the serous or watery coat, you will have very nearly the idea of the general make-up of the intestines all the way through. If you do not have this arrangement in your mind, and if you do not have the manner in which these intestines are made up, you most certainly cannot proceed understandingly to overcome every case of stoppage of the bowels. We say you cannot do it understandingly. Notwithstanding, if you do not have these ideas fixed in your mind, you can proceed according to law, according to common sense, and you will succeed with your case, because it does not matter whether you understand anything or not, provided you know how to do it; provided that you obey the law. A man can drink water and it passes into his stomach without understanding all the laws of gravitation. No matter how ignorant you are, you can proceed according to rules that we have laid down and save your child or your husband without understanding anything whatever about the intestines. But we want you to understand, because if you do understand you can see through the ignorance, superstition and folly of what are called the "regular physicians" and see the stupidity and murderous actions that are occurring all the way around you. Besides this, you can see that when a doctor is run-

ning for an office and you put your vote for that doctor, you are placing a vote to help to office a murderer, an assassin, a poisoner and a villain to rule over you.

We desire to impress this on your mind that the doctor does not know—that he will never know, and being governed by the devil of ignorance, he cannot know. We desire to have you know that a fact is a fact. That two and two are four. So far as the allopath doctor keeps to anatomy and surgery, they can be correct. But we know the allopath's or "regular's" physiology is often a mass of absurdities. We accept their anatomy as fact and we accept that as truth, which you can verify by cutting open any body when you have a chance.

Although it is only eleven years since we discovered the law of protoplasm, there are two or three thousand Americans or persons living in America, who have taken hold of this law and they have been uniformly successful in applying this law to the cure of their own patients.

We know of an elderly lady—a grandmother—a Scandanavian—who can hardly talk a word of the English language, but who took up the study of diphtheria from some of our teachers, (her daughter having been a patient of ours) and this old lady has cured more cases of diphtheria and has been more successful than any or all the physicians in the county where she lives and the four counties adjoining. She understands the law of eliminating diphtheritic materials from the body of the child and even the regular doctor in the place where she lived, availed himself of some of this knowledge to cure his own children.

PROTOPLASMY is a law based on the great facts of nature. Now we desire to quote you something from Landois and Sterlings' Physiology.

The point that we desire to make in this quotation is that we are correct in regard to the structure of these intestines and second that the "regular" has had the same opportunity for learning that we have had. And the fact that with all their learning, they have not yet been able to formulate a scheme or plan whereby a person with a stoppage of the bowels can recover. We are going to do our best to tell you whereby you can recover each and every stoppage of the bowels.

**"STRUCTURE OF THE SMALL AND LARGE INTESTINES.**—The wall of the small intestine consists of four coats; which, from without inward, are named serous, muscular, sub-mucous and mucous.

(1) The serous coat has the same structure as the peritoneum,

i. e., a thin basis of fibrous tissue covered on its outer surface by endothelium.

(2) The muscular coat consists of a thick outer longitudinal and an inner thicker circular layer of non-striped muscular fibres.

(3) The sub-mucous coat consists of loose connective tissue containing large blood vessels, lymphatics, and nerves, and it connects the muscular with the mucous coat.

(4) The mucous coat is the most internal coat, and its absorbing surface is largely increased by the presence of the valvulae conniventes and villi. (The valvulae conniventes are permanent folds of the mucous membrane of the small intestine, arranged across the long axis of the gut. They begin a little below the commencement of the duodenum, and are large and well marked in the duodenum, and remain so as far as the upper half of the jejunum, where they begin to become smaller, and finally disappear about the lower part of the ileum.) The villi are characteristic of the small intestine, and are confined to it; they occur everywhere as closely-set cylindrical projections over and between the valvulae conniventes.

A small artery placed eccentrically passes into each villus. In man it begins to divide about the middle of the villus, but in animals it usually runs to the apex before it divides. The capillaries resulting from the division of the artery form a dense network placed superficially, immediately under the epithelium of the surface. The blood is carried out of a villus by one or two veins.

Non-striped muscular fibres are present in villi. They are arranged longitudinally in several bundles from base of apex immediately outside the central lacteal. (Each bundle is surrounded by a connective-tissue sheath). When they contract they tend to empty the lacteal. A few muscular fibres are placed more superficially and run in a more transverse direction. (The longitudinal bundles of non-striped muscle in the villi are connected together by oblique strands; while the longitudinal bundles shorten the villus, the oblique fibres keep the lacteal open: thus the parenchyma of the villus is also compressed transversely, whereby the products of absorption are forced into the lacteal. The muscles are fixed by cement to the sub-epithelial basal membrane. The muscular fibres of the villi are direct prolongations of the muscularis mucosae.)

Now, observe that we have two layers of what are termed the muscular coats. The inside layer and the layer of circular fibres which run round and round the intestines as are depicted in Fig.

74 and the outside layer or layers that run lengthwise of the intestines are called longitudinal layers.

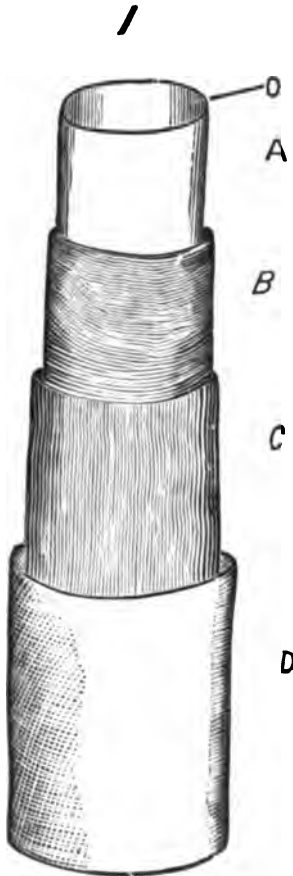


Fig. 74.

Scheme of the coatings or layers of small intestine.

A. The mucus membrane.

B. Circular muscular layer.

C. Longitudinal muscular layer or coat.

It is in these two layers that we have the muscular striata and inside of these muscular layers we have the little squares or diamonds—inside of which dwell the Vital Force or the source of the muscular contractility.

As long as these muscular layers are filled with oil and kept elastic, it is impossible for us to have any undue contraction.

When we have an excess of starch food, the corpuscles are weak—the muscular striata can be easily chilled and irritated and then we have contraction. Contraction means a making smaller of the intestine and it is only a few steps until the intestine has contracted wholly and we have stoppage of the bowels.

When Dr. Redding first discovered the source of muscular contractility, we have no idea that great American discoverer had any knowledge of the boon that he was conferring upon humanity. Every man or woman who comes under this law is under obligation to Dr. Redding for his patient discovery of the source of muscular contractility. And it fulfills the prophecy that is found in Revelations xviii, 1, in which the "angel lightens the world up with his glory."

By reference to the plate which is drawn by Dr. Redding and which we are privileged to use by his personal kindness, we see that inside of the cell of the little diamond or squares dwells the source of muscular contractility.

In other words, the vital force dwelling inside of this cell is able to shorten or lengthen, to stretch out or contract, this fibre and that if the surroundings are correct, all the muscles will be in a

state of easy and natural elasticity. Not alone is this knowledge for the stoppage of the bowels, but if it is understood, the pangs of child birth and those agonizing pains which tear the heartstrings of the looker-on, without saying anything of the unfortunate wretch who has to bear a child, we say that all these pains can be done away with and the elasticity of the muscles can be preserved and utilized without pain or danger by those who understand and have availed themselves of the knowledge of the source of muscular contractility.

We may ask what it is that shortens these diamonds up? We answer, "The vital force." When are they shortened up? The vital force when irritated or when anything antagonistic is placed in contact with the cell in which it dwells, draws itself together to prevent the Antagonistic from coming in contact with itself—the vital force.

But, if this antagonistic does come in contact, the vital force leaves and then we have a dead cell.

If the reader now has this in the mind firmly fixed, we may take the body of the man who sits on his wagon and drives ten miles to town on a cold day. His body is exercised and protected in every place except his intestines. They are cold. He has drank coffee or something else, and the vital force acting upon these diamonds in the muscular striata upon the outside part of the intestines, contracts these little diamonds, or these muscular fibres, and draws the intestines together. He is shrunk up; his intestines are contracted; the vital force has made these intestines smaller; and he has pains in the bowels. The first and most common thing is to give a dose of physic. When this physic is given, the intestines are further irritated and further contracted.

And the next thing we have the contraction, which narrows the intestines so that nothing will pass through. Then we have a stoppage of the bowels—intense pain which affects the entire sympathetic nerve.

The man groans in agony; the sweat stands out upon his forehead; he writhes upon his bed, and the doctor is sent for.

Doctor, did we say? Doctor means a teacher. This man is no teacher.

He is a "regular." He is a licensed poisoner. His business, he says, he is taught, he believes, is to relieve pain. Therefore he does as he has been taught—doses out a full dose of opium. This is the teaching of his books. This is what the college professors have taught him. This is what he does.

Mark you, he has no knowledge of the condition of the intestines,



nor does he care, but he doses out morphin. Or, if he is a modern, suave, smooth "regular," he whips out his hypodermic and, either over the abdomen or in the arm, or anywhere, he fills the patient full of a narcotic directly into the blood stream.

For this teaching and for this act, let the "regular" ever be accursed !

And now we will tell you a story.

There was a "regular" doctor who lived in Stillwater, Minnesota. He was a real good man ; that is, he had a kind heart. One winter, about ten years ago, there were a great many cases of stoppage of the bowels.

They called it WINTER CHOLERA, and this doctor had treated a great many of the cases, and very many, oh, so many, where the symptoms came that there was intense pain and a stoppage of the bowels that the doctors gave them opiates. They died. So, finally, this doctor—he was only about thirty-five, with a lovely wife, lovely home and little family of young children growing up around him—this doctor, on one of his long rides, was exposed in the bowels and he had the condition, a disease for which he had treated so many people in and around Stillwater. He took a little mild thing or two, but they did not help him any. He had pains, colic and VOLVULUS.

You see he had no idea of the causes of this condition, and even if he had, we doubt if he would have known how to treat it. So he took a little mild, safe thing, and then, when the pains became intense, he sent to St. Paul for two of his most trusted physicians there. They came, these worthy doctors. They sat down by him, felt his pulse, took his temperature, and talked with him, and asked him how he felt and so on ; and then the doctor's wife took the children and left the room. But they left a sewing girl there, and from this sewing girl, a trusted friend of the family, we have this narration :—

"Well," says the Stillwater doctor, "what are you going to do for me ?"

The doctors talked a little while, and they said, "Well, we have to give you an opiate."

"My God," says the doctor, "is that all you can do? I have tried that treatment on over two hundred cases and every last one of them died. Think out something else for me. In the name of God, don't let me die under that opiate treatment."

"Well," said the St. Paul physicians, "we don't know of anything else."

Just then a paroxysm of pain took him, and he said, "Well, if I



### Scheme of a Contracted Intestine.

In all cases of VOLVULUS, or STOPPAGE of the BOWELS, in FITS, SPASMS and EPILEPSY, it will be found that there is a Contraction (or being made smaller) of the intestine at some point. The contents cannot pass through the small intestine.

We shall also find that the muscular coats of the intestines are contracted, or made smaller.

This means that the little diamonds or hollow squares of material, in which is the source of MUSCULAR CONTRACTILITY or really where the Vital Force dwells, has shortened up and contracted the muscular walls of the intestines.

The proper thing to do is to relax them. We can do this, not by irritating them and *making more contraction*, but easily and certainly by applying heat and moisture. Water and warmth. When we have done this, we relax the diamonds in the Muscular Striata and in a short time the case is better. In Chronic Epilepsy we must keep them relaxed and open by means of soft food.

Physic has been a curse to the world. When the physic goes into the intestine, it always is made smaller every time it "acts." Every dose of physic—no matter by what name it goes under—Cascarets, tablets, Ripans, SYRUP of FIGS, all kinds of pills, anything that "Physics the Bowels" is sure to leave a weakened and contracted condition of the intestines. There is a shrinkage and a being made smaller. Then putrefaction may come and the bowels are softened; liable to be broken.

When the condition of an Intestine contracted in any part, is considered, then we have to reason out how we can remove these contractions and how we can keep these little diamonds from becoming tighter and from having the vital force (which we have seen, is the source of muscular contractility) from being wholly driven off and these diamonds in these muscular striata from being without any

vital force and being dead.

You may think of this in every way you can and you will not have any way presented to you by any medical school. Because they do not have any way ever taught to them. And, if we are telling you any thing new, it is because the Lord Jesus opened our eyes to see these truths. "(As you have read *Morphin Hypodermically* and ice by the mouth.)" We will show you the proper treatment:

ONE:—When you open the little veins and arteries at some distance from the place where this contracted intestine is, you also open the arteries, veins away from where you open them up. Or, from where you make these other arteries or veins larger.

TWO:—How can you make the other arteries or veins larger? We told you in the reading matter, by applying heat and moisture and heat to the outside of the abdomen, the corpuscles carry this heat and moisture where it is needed. By this means we allow the arteries and veins to grow larger under the immediate surface of the skin on the abdomen, and this goes in gradually, as the heat and moisture, to the inner and deeper parts of the intestines and gradually allows this contraction to be overcome, because the blood can carry down the little atoms of moisture and supply the vital force with heat and moisture, which it needs in the surroundings of this gut and when we have done this, we will have this contracted gut loosened up and the contraction will be gone. The surroundings of the diamonds become warm and moist and elastic.

Again, when we give the injection to the bowels, we do more of this heating and sending in moisture into this contracted gut and at once relieving the pains. Both of these procedures do good.



must take it, give it to me." And he took it, and in five days he was dead and buried.

Now, we pitied that man. So we did, indeed. And yet, on both sides of that man were physicians belonging to the physio-medical school, who could have brought him out and saved him. But, nursed and bred in the stupid alopathic regular's belief, he went to his death without a shadow of knowledge. Well does God say, "MY PEOPLE ARE DESTROYED FOR LACK OF KNOWLEDGE."

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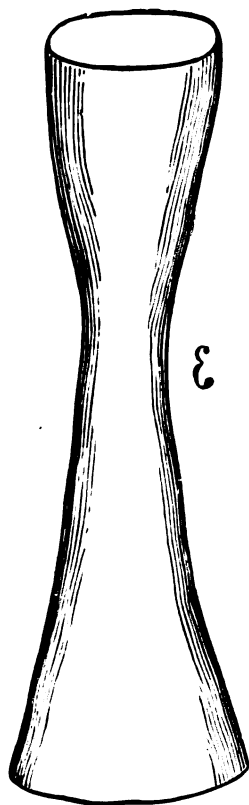


Fig. 75.

Scheme of small intestine.

2. Opening of the small intestine.

3. A place that has been made narrow and contracted by the contraction of the muscular layers, because of irritation. Or old material, or riding in a cold day. Cold, if excessive, causes contractions.

Starting from the second stomach and ending at the junction with the ascending colon—on the right side of the groin, we have from sixteen to twenty feet of the SMALL INTESTINE. It should be about the same size all the way through. When a part of this intestine becomes chilled and corpuscles killed, the muscular striata or muscular coats around this intestine, contracts and we have the intestine growing smaller. If it is further irritated by physic or deadened by means of opium or morphine or some other narcotic, the part of the intestine—for a distance of a few inches to three feet, may be permanently contracted and closed up. No passage way. STOPPAGE OF THE BOWELS.

And now we are about to give you the knowledge of what causes stoppage of the bowels.

The man has taken cold. His intestines are contracted, the muscular spaces, or the little squares or diamonds inside the muscular striata are contracted. And when they are contracted the intestines are made smaller and in this condition when you irritate them more, they contract more until there is no opening whatever to pass anything through this narrowed and badly contracted intestine. In this condition the pain becomes intense,

and hardly anything can be thought of by those surrounding the bedside but to immediately relieve the patient. The vital force is sending messages to the head to the effect that there is great trouble in the intestines and that it needs assistance. At the same time the diamonds and little muscular spaces inside of the striata surrounding the small intestines, being most irritated and no assistance, contracts the intestines still more, until the pain is something indescribable, and no one who has never passed through it can understand the intense paroxysms of pain which is present when the small intestines are spasmodically contracted. Between the pain in the bowels and the sympathy of all the nerves in the body, we have an agony which cannot be depicted by any language with which we are familiar. And it is no wonder that the only relief the doctors can give is relief which is brought about by an opiate.

What does this opiate do? This opiate simply destroys the power of transmitting intelligent messages over the nerves. It causes the corpuscles to die. Drives off the vital force. It causes the death of some corpuscles and many others that are not killed outright, retire to the deeper tissues.

The ganglions of the heart become semi-paralyzed and the intelligence of the brain is stupified under the influence of an opiate. They are stupified and sleep.

You see, therefore, that there is no sense in giving this opiate only for the purpose of relieving pain. It really does not do any good to the person only to stop that message from coming up to the brain. It does not take anything away from the body, nor does it cleanse the body in any way, nor remove any contraction of the muscular striata, which surrounds the intestines, but it deadens the nerves while it leaves these intestines in a still more contracted state. Whatever may have been the cause of this contraction, the opiates do not and cannot relieve the cause nor remove it.

We have our minds plainly made up and understand this condition before we come to it, or, if we do not have our minds made up when we come to the bedside of a case of this kind, we shall be rattled and lose our balance, not knowing what to do, allowing ourselves to fall into the hands of the regular poisoner, who will give us an opiate and we will be laid away, or some of our dear friends will be placed in the dark, cold grave, to which we do not want to go, nor want our friends to go until they have arrived at the age of one hundred and twenty years.

# TREATMENT.

How glad we are that we know what to do. How glad—how thankful to Dr. Redding for his great and wonderful discovery of the source of muscular contractility. We have before us the conditions of contraction of the muscles. The vital force, or source of muscular contractility, is in these little diamonds or squares, closing up these diamonds, making them shorter and almost ready to leave. In this condition our object is to relax these diamonds and give relief to all this muscular strata. What will do this? We answer, the greatest disintegrators on earth are heat and moisture. If we can place water on those little squares or diamonds,—if we can induce the vital force which is the source of muscular contractility, to relax the contraction of these diamonds, we shall have in a very short time a relaxation from this contraction and the intestines will become soft. (See pages 572 and 573.)

Pain will leave and our patient will be restored to health.

## DETAILS

The first thing is a very large injection to the bowels, as much as the patient can stand. Not less than four quarts. Make this of catnip, pennyroyal, boneset or spikenard.

Let the person lie on the back with the feet elevated and hold up as much as possible at a time. Repeat this until it is sure that there will be nothing to come away except the colored water.

Next rub liniment, cayenne or ginger (but never any opiates) over the abdomen and apply four thickness of flannel wrung out in hot water. Place a warm bath towel over the hot wet flannel. Over this a blanket. Pin this snugly. The pains will soon be easier under this treatment. Hot water bottle or a jug of hot water to the feet.

Prepare your emetic as on page 184-5 and commence to give these as fast as they can be drank. They may be taken in small doses.

If there has been any medicine or drugs administered before you commence, mix up one-fourth of a teaspoonful of cayenne in syrup and give this with the third or fourth cup. There will probably be vomiting after the twelfth cup and this will bring relief; but continue giving the emetic, giving as high as twenty-five or thirty-five cups until you have a very thorough emesis. This will bring relief in a very short time. Then allow a short stop. Keep all quiet and watch the patient. After the flannel gets cold, the pains may begin to come back. Give the injection again. Rub more liniment on the bowels or this time use Number six (6), apply the hot wet flannel as before.

## EXPLANATION OF PLATE III.

Fig. 1 represents striated muscular fibrillæ in a state of relaxation or rest; the bioplasm *B* having its normal or elongated shape.

Fig. 2 is a transverse section of the same.

Fig. 3 shows a fibrillæ in a state of contraction; the bioplasm *B* having assumed a spherical form, resulting in a shortening of the cells in their long diameter and an increase in their transverse diameter. The nutrient matter *N* flows more abundantly to the cells.

Fig. 4 is a transverse section of the same

Fig. 5 represents non-striated muscle cells in a state of rest. The cells are of fusiform shape, enclosing bioplasm *B* in a state of rest.

Figs. 6 and 8 represent transverse sections of several non-striated cells; some showing bioplasm, others being cut above or below the center of the cells.

Fig. 7 represents the same in a state of contraction; the bioplasm *B* approximately spherical in form, and represents its state during the act of contraction.

In all the figures the letters stand for same parts, thus:

*B*. Bioplasm in a state of rest.

*B'*. Bioplasm in a state of contraction.

*F*. Formed material.

*N*. Nutrient matter.

*T*. Tendon.

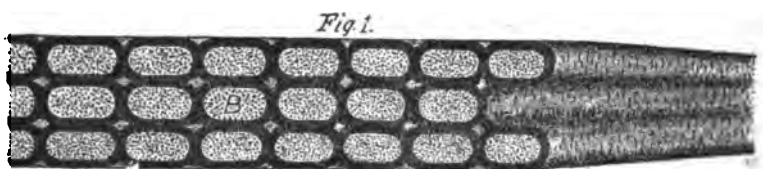
"We shall find then that the non-striated muscle cell is fusiform in shape, of transparent, refracting and amorphous formed material, and containing in its interior, at the point of its greatest diameter, an elongated, or rod-shaped nucleus, or bioplast. These cells are so united that the body of one is received between the attenuated extremities of its four neighboring cells, thus forming fasciculi, or membranes. This description is equally applicable to the non-striated muscle of the warm or cold-blooded animal. Hence, 'anatomical structure and constitution' being precisely the same, we are of necessity forced to attribute the remarkable difference in the length of time during which they respectively retain muscular irritability after respiration and circulation have ceased, to some other principle, condition, or influence.

"Thus far all are agreed; but what of the interior of these cells? Authors have completely ignored, or, at least, have remained silent upon this subject. And yet I think I am able to establish beyond the power of successful contradiction, that the outer formed material, of perhaps a fibrous character, the cell wall, does contain in an anterior space of transparent, colorless, structureless, semi-fluid substance, which possesses all the properties of living matter; and that it is by virtue of a change in form taking place in this living matter that muscular contractions are produced.

"Analogy teaches us that such is the case; for every organic cell, every anatomical unit, so to speak, is found upon investigation to contain a greater or less amount of bioplasm within its interior, so long as they are capable of performing an active function, or, in other words, unless they have undergone complete dessication. The epithelia, the endothelia, the non-striated muscle cells, the fat vesicles, all contain living matter in an interior space, and this has been dislodged in some instances, and has been observed to undergo all the varied and peculiar movements characteristic of unconfined bioplasm. Moreover, there is no tissue or organ of the body, except the lungs, and, perhaps, the depurative organs, that is more richly supplied with blood capillaries—certainly a most anomalous arrangement, if the striated muscle cells are entirely devoid of living matter, which alone of all things in nature is capable of being nourished.

(From Redding's *Physiology*.)

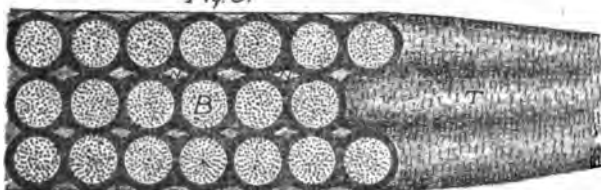
Fig. 76.



*Fig. 2.*



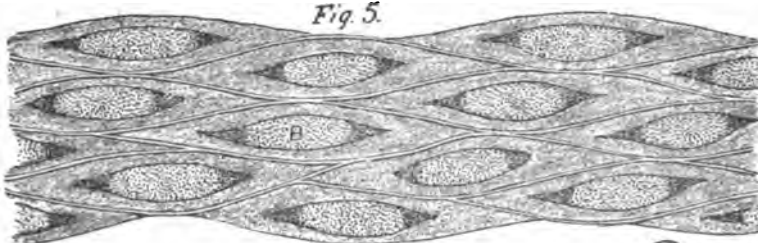
*Fig. 3.*



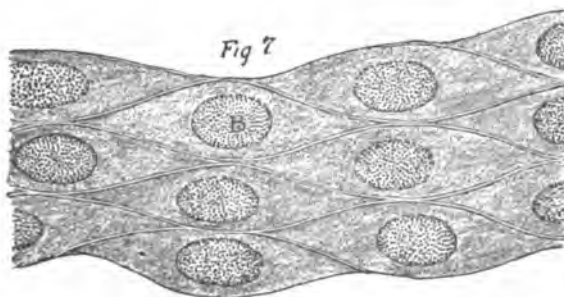
*Fig. 4.*



*Fig. 5.*



*Fig. 7.*



*Fig. 6.*



*Fig. 8.*





Again put a bath towel over this flannel so as to keep the heat in, and pin the blanket up and commence on another emetic.

Giving cayenne as before and continue this and repeat all this treatment.

Make the cayenne stronger and the doses larger for a large bodied person. Keep the feet warm. No food is wanted. And, above all do not think of giving any physic, which is the common dope of the fool "regular" and the idiotic homeopath.

Why in the world should it be possible for this treatment to relieve the little spaces in the muscular striata on the outside part of the intestines? We tell you why. Because in the gastric arteries surrounding the stomach there is a congestion, and by warming and moistening these arteries we relieve this congestion, and the old material that is on the outside part of the stomach is turned into that stomach through the gastric follicles and the peptic glands, which should have been opened by all these infusions and heat, because when we have dilated the stomach or stretched the stomach open, these peptic glands and the gastric follicles are more opened and there is more of a passage way to send the old material into the stomach.

When this cold stuff is ejected from the stomach, the blood corpuscles are purified—so much. Then these corpuscles returning to the heart and thence to the lungs, bring fresh oxygen down into these spaces and encourages and cheers up the imprisoned vital force that is in these little squares, or these little diamonds in the muscular striata around the walls of the intestines, and these little parts of the vital force being encouraged and revived, as it were, by the warm moisture and the oxygen brought down to this intestine, and above all by the removal of the cold material which has been in the inside of the intestine as a source of irritation, we say the source of this muscular contractility—the vital force—is revived and encouraged and opens up the little spaces or squares or diamonds, and we have a relaxation of the muscular fibers surrounding the small intestines, and by the time we give the next injection we shall see that we will get a little bit of a passage. The passage at first will be yellow, like bile, if our emetic has done its duty. But if the emetic has not done its duty, we still have something left for us to fall back upon which we think will be entirely new to many of our readers.

Having given this injection, the hot application on the outside part of the bowels and the emetic will relieve the pain after the second injection. But if we do not move fast enough—

We can make an injection as follows :—

Three ounces of catnip; one ounce of prickly ash bark; two ounces of wild yam; three-fourths of an ounce of lobelia herb. Put these in a large pitcher and turn on the pitcher full five quarts of boiling soft water. It will steep in twenty minutes, no matter if it stands half an hour. Strain this all through a cloth and use this as a third injection. Before this is given to the bowels, see that the patient has drank a full cup of composition or a full cup of the grippe compound.

We prefer the composition and a cup of catnip. Be sure that he has these two down.

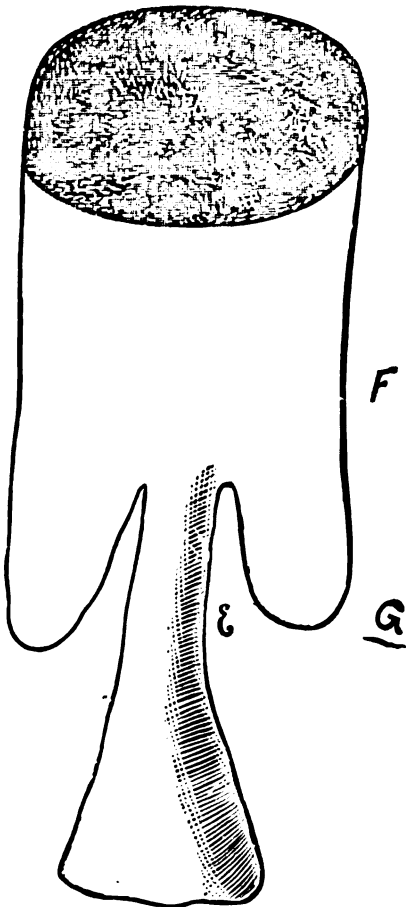


Fig. 77.

When the allopath "regular" used to administer calomel and jalap—or a dose of CROTON OIL, as a last resort and these drags irritated the intestine above—distended the upper bowel but it only fastened the contraction below. After this we have a bulging of the upper intestine and a very great thinness. Putrefaction comes when the vital force has fled—Mortification sets in and the patient dies. This practice was formerly very common.

Now-a-days, allopathy has run to bacteria and falling in their bug business, they rush to the knife as the last resort.

By a little reflection before hand the parent can prevent many of these unneeded doctor bills. Consider the conditions and think for your own self.

Keep the syringe and simple remedies in the house and prevent this doctor from making you any bills for drugs which are useless and worthless.

Do not give this injection until you have given two injections without the lobelia because the lobelia being a powerful relaxant, will set free any poisons in the body and you will have symptoms of alarm.

If you have no lobelia herb, use one teaspoonful, heaping, of the ground lobelia seed. Through the use of this injection for a very few minutes you will be likely to provoke vomiting. The injection will come away and most likely the patient will vomit again. You may rest assured with that vomiting and with that coming away, that you will see the yellow bile coming from the bowels and then you may be sure that a drink of warm water or of warm catnip tea, sweetened, will be appreciated by your patient and the intense pain will be gone. Intestines will be relaxed. The agony is over.

This is the treatment for volvulus and for all cases of stoppage of the bowels. It may be varied or changed, but the principles are here. They are rational, sensible, practical, and successful. You have not waited to have any thing develop—nor have you given any thing but the best articles all of which are harmonious to the Vital Force. This method gives you absolute control of your patient in a short time and you can bring them out with out any doubt, if they have not been the victims of some drug giving doctor.

Remember that in these cases, (and you will be surprised to learn that this is free America.) the old and regular poison school do not now advise any treatment what ever. No, they do not. Why? Because their old treatment was to be given calomel and CROTON OIL and they killed almost every patient they came to.

How did they do it?

Because, when they gave these drastic agents, they had softened the bowels with some opiate and then giving these things ruptured to the intestines and the patient died. People saw the result.

How many victims they had laid away with this senseless and wicked murderous and ignorant treatment.

What do they say at this time? Could you believe that in this day and age there are those who will look on and see a man die? But here are their own words that is in the latest up to date Cyclopedia 1900.

„Thus, in acute cases nothing should be given by the mouth save small pieces of ice to suck, the stomach should be emptied with the siphon stomach tube and the patient placed under the influence of morphin, injected subcutaneously”.

One of my students (not a graduate) was visiting a friend who had been suddenly taken sick. The friend was sick with a trouble of the intestines, under the care of a “regular,” and was taking the customary “morphin,” with perhaps some other thing to keep him easy, and, after some talk, the man desired to have the student do anything for him that he could. The physician was waiting the

development. The "morphin" was laid aside and treatment given as we have described, and the man came through all right. We mention this case because it shows that obedience to the laws brings success as a result.

I had a lady patient on the east side in Minneapolis and, after staying with her some hours, had her comparatively easy. She went to sleep. I went home, after telling the husband that she would have more pains when she waked up, and that she would need the same treatment. The history of the case was, that the day before she had washed and hung the clothes out in a very cold, high wind when she was sweaty, and had taken a severe chill. It was a case of immediate contraction of the bowels, and most intense pain. After having her easy and on the road to recovery, I went to my office for a few hours. While I was gone she awoke, and instead of sending for me, the husband called in a "regular," who promptly administered "hypodermic" and had her easy right away. When I came and found out what had been done, and who had done it, I left the house. The husband gave as an excuse that he had seen her suffer long enough. So he had a "regular" to have her "easy." And she "obtained rest," for, under the "morphin" treatment, in four days she was dead.

In 1882 we had the first case of what was termed winter "cholera" which is the same thing or condition as the grippe and is akin to this stoppage of the bowels.

If there is any difference in the two conditions, it is, that in what is known as "Grippe" the the pains are all over the bowels or any where else, while in stoppage of the bowels we usually have pains at some particular place. But the treatment can be similar. Not so energetic with the grippe, as with the stoppage of the bowels, because there being larger surface, there is not as much contraction in one place. In grippe, there are generally pains and not so much intense agony.

The patient was a man about forty years of age, had been some miles in the country to attend to business and attributed his condition to eating some thing at supper at a hotel.

I am quite sure that I never saw a person in more actual agony than that man. It was continual and as the family were strangers, I hesitated about the emetic. After three hours of this suffering, the man fully understanding that if he took morphin or called in "regular" that he would die, I proposed the emetic. It was acquiesced in and, in half an hour, I had him asleep. He made a fairly good recovery and was down to his place of business in three

days. But, for some time after wards, his bowels were very tender. He is alive and well at this date. (1901,)

There are other conditions where one is not certain of the location or where the condition or obstruction exists. When these cases come up, the injection, the hot compress over the bowels will usually give relief. If they do not, a fourth or—if the case is a man and full grown and well built, give half an even teaspoonful of cayenne powder in a little syrup and follow by a good cup of balm, warm and well sweetened.

In many instances in the summer, we have cases where they have drank large amounts of ice water, and have suddenly had the colic. Or, where they have been in the hay field and drank copiously from some spring. In these cases we may have contraction of a long piece of intestine (usually these cases are young men, who drink without stopping, taking down large amounts of cold water which passes directly through the stomach and into the intestines) and we may have severe cramps or what is termed "colic" over all the bowels. The remedy is to heat the case up and be rid of this cold condition as soon as we are able. And these same steps will do it. Injection to the bowels as warm as can be borne at the first: the warm composition or the Grippe compound; or a full dose of cayenne in powder and the rubbing with the stimulating liniment and the warm compress over the bowels. Warm bottles or jug of hot water to the feet. Not any morphin nor anything of which you do not know the ingredients of. Wild Yam root, in itself, is a specific for these kinds of colics but we rather have the combination of composition and wild yam even if we should be called all sorts of names, if we can have the patient recover.

No one man can expect to cure every case. But we contend that in this manner a great number can be cured and that this is the correct treatment and one that in almost every case will be successful.

As we have stated in Typhoid, there are classes where they will never be cured. Classes which we have mentioned that will die when anything hard comes to them.

Users of tobacco and alcohol and the habitual abusers of their bodies will have a much harder time than those who have kept themselves right in their bodies

Another class of cases have a history of "pains and agony" in the intestines over on the left side. It may be there for years and no set of doctors, especially the "regulars," can touch it. There may be a thickness of the descending colon or the sigmoid flexure.

Many of these cases have histories behind them. We need not

go over them, but will say that if we can manage those cases after we have had the history, that they have had these pains for some years without any permanent relief, and they will do as we say, they can be cured.

One of the first steps towards treating these cases is to apply the cold pack over the abdomen, with extra towels over the sore and tender places.

Pack them good and have plenty of cover on them, and be sure to have them stay in the pack until they are warm. One pack alone will not be enough to loosen them up. It may take a half dozen, but the first one will do very much towards convincing them that you know what is best to do in their case.

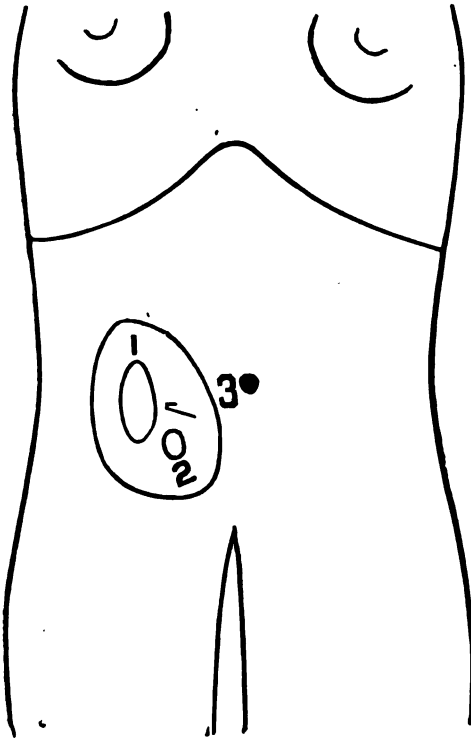


Fig. 78.

1, 2, 3, shows the location about where a very bright young man had a pain firmly seated for three years. Was ready to be operated on a couple of times, but was postponed.

I packed his abdomen in cold water every other day, gave the emetic and in two months had him sound and well.

When they have sweat copiously (it may take six to ten hours), take them out and have the cold bath all over quickly. Have all clean clothes. If any doubt exists, or, if it is a case of very long standing, have them wear the woolen band over the bowels all the time. We may usually diagnose such a case as one of thickness of some part of the intestine, and possibly it may be in one place and then in another. Or there may be a history of some strain or lifting some years ago. Or anything may be told which may cover up some inherent weakness of the body.

Or we can have a history of such a pain from the same cause which produced the conditions of inflammation of the ascending colon.

If the case is of recent standing, we should not lose any time in having all the intestines clean. Remove the obstructions and have the body brought under the influence of warmth and relaxation as soon as may be possible.

If the case is chronic and has been this way for some time, we can go more leisurely. And in these old cases we can have the packs and time enough to relax these places and have the diet right with the proper kind of food and we may be sure of a cure, no matter how long a time it has stood.

In the cases where it has been sudden and we have a patient where we do not have any action with the syringe, we may be sure that unless we hasten or unless we can relieve this condition we shall see the death of the patient. Not alone relieve the pains—because the regulars can do this with very many kinds of death poisons that they carry around with them. Their hypodermics of opium can ease anything clear away into the graveyard, and not a word to be said about it. But, if we desire to restore the patient to health, we shall not be satisfied until we see there are free movements of the bowels and see the yellow or brown bilious material come down from the bowels.

And then we may be sure that all this PRIMA VIA, or this great intestinal tract, is all clear and that our patient will be well and stay well, unless there is some error of eating and drinking. The diet which is laid down in typhoid is safer than anything we can mention.

Cold drinks, after one has passed through such an ordeal, should be given carefully, and find out if there is any contraction remaining. If there is, cold drinks will bring up the pains.

In colics of children after a history of watermelon or green apple we should have the emetic at once and not wait for anything. Not even the injection. If nothing more is at hand we should give warm water and have as much of the offending material up, as soon as it could be brought up. And then, if there were more afterwards, and the injection did not relieve, the emetic should be promptly given before any "regular" should be allowed to come in and dose the child with morphin.

All cases have a history to them and if one is thoughtful they soon learn what has gone before we reach the case.

If we have a cold in the bowels and the injection does not give relief, we may feel certain of an obstruction in the intestines, a

contraction of the small intestines from cold contracting the muscular fibers on the outside walls of the intestines and to relieve this contraction should be our first work.

If we have the history of long weeks of suffering, we may know that we have an abundance of time and may take the case more easily.

If the case is one where the child has had ice cream, candy, peanuts or a picnic, somewhere, we may feel sure that the emetic will reveal what is the matter and the sooner the operation is commenced, the sooner we will have the case free from all his troubles.

An incident occurred in our early practice that we shall never forget.

There lived a very aristocratic family to whom we had been called as a "successful," and it was our first case of childbirth in that city.

When this babe was about five months old, in the early summer, we had a call to go down and see the baby quickly.

We found the baby doubled up and yelling with all its might.

We labored over the child with everything we could think of for an hour. The mother was frantic.

"Can you not give the child something to ease it?" was the question that kept coming to my ears.

We replied with more truth than sense (because it is not policy to tell the truth at all times.) that the babies that were easy were in the grave yard.

But, it came to us (and we had asked what had happened to the child and had been told as many times that nothing had occurred,) that we would give it an emetic.

And we did. The milk came up as solid as if it had been made into cheese.

When it got easy and was ready to nurse, the mother asked—you do not suppose that those cherries I ate could have had any influence on my milk do you?

But they did. And from that date to this, when ever there is any doubt in the matter we give the emetic if we have control over the family.

The ordinary doctor does not know any thing about this emetic and has not the slightest idea about true physiology nor about the power of the Vital Force. That baby has grown up and is a part of the history of the last war.

As long as slimy material is coming from the bowels or as long as we have passages from the bowels with even the fecal odor, we are sure there is a passage way through the bowels. When noth-



ing returns or can come through, we are sure of the complete stoppage of the bowels.

And steps should be taken to overcome this contraction at once.

Conditions of the bowels where they are tender and have slimy mucous pass from every day for months at a time, we know that there are other conditions as the cause which make these conditions. And for these conditions we need a change of diet and bitter tonics. See articles on WORMS and DIPHTHERIA for the causes of these chronic cases. For intestinal obstructions, we give the methods by which we have brought through many cases, some of them after they have been four days given up by the Regular who gave morphin and waited to see the case die. Now-a-days, they do not allow it to die or go into the hands of any other physician. They know better. Some surgeon some where can be called with his knife and cut the belly open and while the operation will be eminently successful, the patient will go over to the great hence.

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## FISTULA IN ANO.

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This is a very distressing affection and is, in substance, a hole from the outside of the body through the intestine from some place to one side of the anus.

A complete fistula is one where the hole passes clear through to the intestines.

Wind and the feces, with water when an injection is taken, can come out this hole and one can feel the wind pass through this hole at any time it desires to pass.

There is always some little discharge from this aperture, and this discharge is according to the condition of the person who has the fistula.

There is, at first, a swelling on the outside. This swelling becomes painful, and the doctor is called in, and sometimes he lances it (which is the proper thing to do when it is as painful as it can be, because the sooner it is lanced the better it will be for the bowels), or it is poulticed, and after being poulticed it will break and leave this hole through from the intestine to the outer world, and this is called a complete FISTULA IN ANO.

### CAUSES.

The causes of fistula are always constipation, or from imperfect and incomplete passages of the bowels. A portion of the materials which should pass off through the bowels are retained on the in-

side and, lodging on the inside wall of the bowel, form a sort of "pocket," and in this pocket the stuff burrows, and, finally, makes the pocket larger until it burrows a way out through the muscles and flesh to the skin.

Here it is called a "bunch," and usually poulticed. The poultices are as well as can be done, usually, but we know that if, when this swelling first appears, there is at once thorough injections to the bowels there will be brought away from those bowels this amount of stuff, and we shall have the contents of the bowels away from this place and it will be easy.

We say that large injections to the bowels will bring this inside mass away, if it is not too far advanced, and we shall have a much easier condition than if we did not use these injections to the bowels.

The immediate cause may be riding, or constipation. Or it may be from some thing which has lodged in these intestines, as a fish bone, or piece of gristle and all that, which would not come out until the swelling is there. Large injections would help that trouble and clean this intestine and prevent having this lodgment.

The moment there is any uneasiness in the bowels, there should be an injection to the bowels taken.

This injection should be large enough to cleanse all of the intestines and keep this lower bowel free from any lodgment.

If the fistula is formed, the next thing is to cure it.

In this condition, there is to be assumed, that the same condition which brought this fistula into existence, will bring on another one.

Therefore, if this fistula was brought about by constipation, it will be a sure thing that we never can cure anything of the fistula until we have this constipated habit broken up. In short, everything like an impurity of the body, should be overcome and be wholly gotten rid of, before we attempt to cure the fistula.

One of the great impurities of the body, is the foolish habit of imperfect sexual intercourse and the habits of self abuse, which are very common among all classes of society. The first object to be attained, is to have the body cleansed thoroughly and if this cannot be accomplished, there will be no use to heal the fistula.

Contaminated blood is the great cause of this condition of fistula. If this cannot be remedied, the party will, eventually, die with some disease of the lungs.

That is, some of the material which is formed in this hole through part of the body, will be re-absorbed and carried to all the circulation of the blood and finding its way into the cells of the lungs, will be lodged there and afterwhile it will form rotten cavities in these lungs and the party will begin to cough and spit

and a continued irritation will be felt from the presence of this decayed matter and we shall have decayed lungs. Consumption, from Fistula in ano.

We assert that this fistulous condition is the cause of this condition.

But if we should judge from other considerations we should think that the same cause which brought about the fistula in the first place, would also, if carried still further, cause the disease of the lungs, whether there was fistula or not. This must be true.

One of the most frequent causes of the condition which precedes fistulas, is the condition of excessive starch in the body, which leaves the intestines in a sticky and unclean condition and is preparatory to a thickish condition of the blood.

In this excessive starchy condition, there is always a tendency to constipation and to sourness of the stomach and intestines and we should also find these intestines to be the nest for myriads of worms. This is usually the fact. It would not alter this condition, if we would assert that these worms should be called "bacteria," because any form of life which is foreign to the welfare of these intestines, will produce much effete material which should never be in the system.

For instance, the worm eats.

If this worm eats, it must also be defecate. If it defecates, this fecal matter from the worm will enter into the blood plasma through the lacteals by way of the absorbent system and we will have a complete blood poisoning from the presence of these worms.

The conditions of the body, in these fistula cases is of the very first importance and if we do not have the body in good condition, we may look for failure to heal the fistula by first intention.

Whereas, if we had paid attention to the body at the first and had that in excellent condition, we should have had no trouble in curing the fistula in ano. (These remedies will also apply to every other kind of a sore in the body.)

What should be accomplished first to get this body in the best condition?

We answer diet is the first. Daily bathe the body.

Daily large injections to the bowels. Food of fruits and nuts, with as much meat, mutton or beef, as may be thought proper in the case. One or at most two meals a day should be allowed. Never more than two meals.

In any case of our own, we should not allow any meat whatever,

But there are those who seem to fail without meats, and for these we should allow mutton or beef in such quantities as might

be thought proper in the case. Each individual will have to be governed by particular different rules in relation to the diet.

While, for us, individually, we should live principally on a vegetable diet and have everything possible in the fruit line, there are others whom we are persuaded, should have a mouthful or so much meat as would enable them to derive heat from the food. They lack meats.

The oils from the use of nuts chewed up and digested, are of very great importance and we are sure that this oil cannot well be substituted by anything else. All nuts should be eaten when the regular meals are eaten and never eaten between meals. they should be a part of the daily diet. A part of the meal and never as a tasteful luxury to the palate between meals. When the body is in very bad condition, there should not be any thing attempted to be accomplished with the fistula until this body is in good order.

The daily baths, courses of medicine, if one is in such condition that these can be carried out well and thoroughly, or, if not, the daily or every other day packs to chest and abdomen, with such diet and walking as shall bring the body into fine condition.

Although these physicians have declared that there can be total paralysis brought about by continued injections to the bowels, we know they are false in their assertions. If it were not a common thing to have these false assertions from these doctors, we might think it something strange.

But as they are all wrong from the first to the last, we do not think it strange to have them lie about the use of the injections to the bowels.

There is never any danger of paralysis to the bowels from the use of injections, although there is no doubt but what one could weaken the bowels by using too hot water or using drugs or opiates to these bowels and using them continually.

There would not be any use to give injections to the bowels if the bowels were clean. But if these bowels are filthy, the best thing to do would be to have these bowels cleaned out, and to cleanse these bowels there is no better or safer way than to use the very large warm water injection as was recommended fifty years ago by the water-cure people and lately introduced and sold by a speculator at four dollars a head. After the body has been placed in good shape, the application for the radical cure of fistula should commence.

This is not original by the author, but was almost exclusively the thought of Dr. Wooster Beach of New York, who lived a half century ago.

Put two quarts of hard wood ashes into six quarts of soft water and boil one hour. Take off and let it settle. When settled, bottle and label.

Commence by taking one tablespoonful of this lye and mix it with a cupful of luke warm soft water—with a small syringe—grease or anoint the tube and the sore—insert gently and put the whole syringe into the intestine through the fistula.

Every day increase the strength of this lye until it burns quite a little. Then, when you have the right strength, repeat this twice or thrice a day as convenient.

The application is made directly to the fistula by means of a small hard rubber syringe and this syringe holds a weak lye made from the hickory ashes. Of course, the alkali is the active agent in cutting away or dissolving the pyogenic membrane which lines the inside of this tube (which is called the fistula) and when this lining is dissolved, the parts come together and are healed by the vital force.

How many injections should there be to this fistula? We reply, there should always be one every day of such strength as will cut the membrane and do as much good with as much strength as the person can bear. Or it can be repeated two, three or five times a day if the person can bear it.

Beginning with the solution quite weak and an increase daily until the matter which comes away will be slightly colored with blood. When the blood comes away it is quite sure that the membrane is off. Then a continuous injection—which may be twice or thrice a day as the place is sore or not—will be found to very soon have all the membrane out and the parts will heal readily.

NOTES:

1. Be sure to have a large injection to the bowels used daily.
2. Have a diet of fruits and nuts so far as possible and never allow breads, potatoes, tomatoes, pork, tea or coffee, while healing a fistula.
3. The daily cold bath every morning is imperative in every case, unless a lady and she is menstruating. In such cases, all medicines and all treatment can be stopped until she is free from any discharge.
4. This should not be tried on pregnant women, unless tried daily with a weak solution. It is believed to be best to wait until she is confined and then attend to it thoroughly at once.
5. Drunkards will have to stop their drinking and every tobacco user should stop the use of tobacco while the fistula is being healed up.

6. The use of all seeds would seem to be contra-indicated in all cases of fistula, but it is a fact that seeds of strawberries and other berries do not seem to be in the way any, while the injections of warm water are being used to the bowels, and to the fistula of the mixture. We can therefore state that all berries can be freely eaten and all ripe fruits are beneficial to the blood plasma and should be allowed while the healing is taking place. Apples and all fruits should only be eaten at meal time.

7. Salt foods, as salted meats and salted fish should be very sparingly indulged in. Cocoa, chocolate and fried cakes should never be allowed. All pastry should be forbidden.

8. Inject the fistula three to five times a day if the person can stand the pain, (of which there will be some according to the strength of the solution and the eating effect of the alkali) and if not, certainly inject once a day. The sooner this inner membrane is eaten off and the faint tinges of blood comes out, the sooner this will be healed.

9. The use of yeast bread should be positively forbidden while one is using anything to heal this fistula. Cereals of all kinds are not good food while healing up a fistula.

10. It is possible that with many, this treatment can be continued while at work every day. In which case, the injection can be made weak and once a day will be sufficient for the fistulous injection.

11. Before using the injection, smear the surface all around the fistula with some kind of grease—preferably, mutton tallow—so to keep the skin from being touched with the alkali.

### FOR MANY FISTULAS.

Where the flesh is weak, use diet the same, with injections of bayberry two ounces to two quarts of soft water. Steep an hour, strain; add enough to make four quarts and inject to the bowels once a day.

Bayberry two ounces, white pond lily one ounce, baptisia tinctoria root one ounce, blood root half an ounce. Ashes (hickory best) nine ounces. Boil all of these in one gallon of soft water one full hour.

There will be two quarts left. Strain and settle. Turn off carefully and bottle. Keep cool.

For any case of multiple or many fistulas where the flesh is weak and offensive this is an elegant and efficient preparation.

Use diluted at first and increase as in the case with the first injection to the fistula. Or, these can be used first one and then another on alternate days.

Cold water baths are useful after the injections, Wash all the parts. There is a point about this injection to the fistula which has been the source of many a stumbling block, and which, if not carefully seen to, will never allow success in any effort made to cure the fistula by any injection.

It is this: When the fistula is injected there is every tendency to heal towards the outer end of this sinus. That is, the end toward the outer end of the sinus will be smaller and the larger end will be in the bowel. This will make the passage larger inside than on the outside.

When this is commenced to be injected, the tendency is to have the inner end closed up some, and the other end will close up altogether, and the patient will naturally think the fistula is healed when the outside opening is gone. This will be a painful error. It will open again under the same conditions that it opened in the first place.

We will find a burrowing of fecal matter, and this will again burrow through the bowels and we shall have fistula again under the same circumstances or even worse than before.

To be sure not to have this condition, we must keep the outside end open at all events, even by plugs of cotton wet in carbolized oil or in some sort of grease (the bitter sweet salve, for instance) so as to keep this outer end fully open and ready to be injected at all times. Then we shall have the inner part becoming smaller, and there will come a time when the inner end will be wholly cleaned up by being gradually brought together, and when this occurs and the inner end is brought together, we shall find that we cannot inject any more of the liquid through the inner opening, and then a very short time will elapse before we shall have the whole thing healed in the most substantial manner.

But, unless we commence with this injection to the fistula with this injection and the full understanding of the case and a determination to have all the inner part of the fistula healed and thoroughly shut up before we allow the outer end to heal up, we shall make a bungle of healing up this fistula. It will open again under the most painful circumstances, and we shall have lost our labor in the first place. Keep the outer part of the sinus open, even if it takes some little trouble, and do not have it heal up until the inner part of the hole is completely healed up, which you will know when you cannot force the liquid through with a moderate pressure of the syringe.

Then the injection should be applied day after day until all the whole sinus is healed.

## WORMS.

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When this author first commenced to study medicine he saw the necessity for a liberal education, and also, in his then ignorant state, felt his dependence on the knowledge of others. After having studied anatomy and practiced medicine as it was practiced in 1855, and having had the cure of the sick and compounded medicines since childhood, the feeling was very strong that association and society were absolutely necessary to the successful practice of his profession.

He chose a college in which to graduate where they did not give any poison, nor teach the giving of poisons, a fact for which we are ever thankful. We graduated in March, 1861.

Association with other physicians, in the lodge room and in business, convinced us that brotherly help in the medical profession is absolutely a necessity. The author had seen the use of the medicine chest at sea.

He knew enough in his early boyhood to keep clear from the use of poisons as medicines. When, therefore, in the society of other physicians who dosed out these drugs, there could not be but a feeling of repugnance to their modes of dosing. During the Civil War one of the most intimate and trusted friends was a student of Harvard College. This bright young man was as honest as the day is long. And when he treated pneumonia and gave the prescribed dose of morphin, and saw his patient die, he was just as sorry as it is possible for a human being to be. We liked the man because he was honest—kind-hearted with everything that goes to make up an honest, brave and accomplished gentleman—but the method of his dosing was simply damnable. He meant well enough personally, but the effect of his drugs were enough to make the angels weep blood.

We next affiliated with Homeopathy, thinking that we could get out of the drug dosing, but the moment we had a patient we saw that what is termed homeopathy is simply an idiotic makeshift. Really, there is no sense in it. The eclectic school promises very fair. It looks reasonable to choose the good from everywhere, but there is but slight difference between this and the old school.

The Physio-Medical school is the only school that has the truth. And their theories, not to give any poisons, are correct. And their practice fills every need that one will have in a system of medicine, but under the bane of persecution and a lack of literature, they have been mis-quoted, maligned and vilified by the old school, and by the whippers in, whose home is always on the out-



skirts of what should be medical civilization. There is no school of any medicine to-day that meets the requirements of the civilized world and the intelligent youth of this age as fully and as comprehensively as the Physio-Medical College of Indiana, located at Indianapolis.

The writer does not say this to curry favor with them, for in many respects we think the law of Protoplasm is a step beyond what may be termed Physio-Medicalism, but so far as teaching the truth about physiology and chemistry and the great laws which underlie human organization, the Physio-Medical college of Indiana is far the superior to any other on earth.

In the matter of teaching the truth about vital force, it is the only school that we know where the basic laws of our being are taught in their entirety to the students of medicine. In the matter of what is called the "regular school," this author denies that they have any system of medicine. We assert that all the system that they teach and practice is based upon the erroneous theories of Paracelsus or Theophrastus von Bombast von Hohenheim, who founded their school about 1520 A. D.

We say that so far as the colleges of Yale, Harvard, Rush, Jefferson, Bellevue, and the entire American association, that they have no system of medicine whatever. That their system, so called, is a system of jargon, based on these senseless theories of Paracelsus with no foundation whatever, in truth, but a system which has changed from time to time and is continually changing from one thing to another without the least basic fact to stand on. Take any disease or any treatment and it will be found to have been radically changed at least ten times since 1541. The course of vipers flesh—dried or *otherica* up to bleeding and mineral medicines of all kinds has been finally succeeded, in these later days, by the use of the knife. And we can only say, great are the prophecies of God, who has foretold this very day when people "should go from the North to the East for the word of the Lord and should not find it."

Perhaps there is not a subject which is of interest to the human race, that is, we say, of practical interest, that has been more lied about and poohooed at and made fun of than the subject of worms. Yet one of the great writers, and considered one of the most accomplished of this mineral poison, assuming, braggadocio school—one who in America has had a medical college named after him—asserted that no person had any more worms inside of them than what was necessary to eat up what filth there was in them. Observe now, that this assertion was not made by an outsider, but by an eminent man in the medical band—a man who is now held up

as one of the founders of the American system of medicine. To-day, if any anxious parent sees her daughter or son sick and mentions it to her family physician that the child may have worms, the family physician turns up his nose in scorn and says, "Oh, I guess not." We say that the medical student who graduates in these colleges is already handicapped by his teaching from becoming an estimable citizen or an honest man, as long as he practices this habit of poison giving.

Of course, here and there we find a man who has given some study to the parasites of the body, but we do not remember of any American author that has made any study or given any treatise to the world on the parasites of the human body. There has been a German or two and an Englishman, Cobbold, who have written treatises on the parasites of the human body. We believe the English writer Cobbold is really the pioneer in this study. And as this book will be placed in the hands of the parents, we desire for their instruction to show them the foundation for our belief for worms, besides something of our personal experience. We shall first give you some experience from others. And we shall give you some formulas. We shall try and say what, in our belief, are the causes of many of these worms.

Lay it out as a broad proposition, and the author of this book claims is a discovery that anybody could have made—but they did not—that the worms have thin skins. Now this assertion does not amount to anything when you place it by itself, but when you think that all thin-skinned animals cannot stand anything hot, then you have the remedy for all kinds of worms, and it is a basic fact, that for all worms, no matter in whatever portion of the body, that to make a remedy that is hot and bitter at the same time will destroy worms, and, furthermore, will destroy the eggs of the parasites. Now these are important facts, and when we are giving all these formulas, we desire to have you understand what is the law that you are obeying when you give these hot and bitter remedies, and what you are going to give them for.

In regard to worms there is a thought which we have already expressed, but which we have never seen in print, (although in our last sixteen years of drumming at these "regulars," we have stirred them up so that in their later books they are really giving some attention to worms and they are not repeating any of the follies of the early part of the centuries,) but this thought that we desire to express is this:—

As a worm eats and defecates, so this defecation and excremen-

titious matter taints all the mass of food that comes into the intestines.

Therefore, we find in a person with worms or where they have them or sometime, that they are usually of a peculiar putty color or a dead color on the skin. Persons who should be clear red and white, if in their natural condition where everything was right, seem to have a sickly brownish hue underneath the skin. And what are often called mothy patches and liver spots together with a general brown color as if it is just underneath the skin, have this color and these splotches of moth and sometimes scald in the head because the worms being in the intestines, defecating, taint the blood so that when it comes to the skin it there deposits a brownish pigment which is the cause of these mothy patches and discolorations of the skin.

This discoloration of the skin is well noticed in the coffee drinker.

That person who drinks coffee assumes a brownish appearance all over the skin more noticable on the neck and arms where it comes in contact with the sunlight. Discoloration of the skin in coffee comes because of the small particles of carbon which pass into the coffee liquid after it has been ground and made up good to drink.

The tea drinker often assumes a tawny color as if the skin was slightly tanned on account of the tannin that is in the tea, and, of course, the use of hard water would have much effect on these conditions.

From all the facts which we have stated we think the following symptoms may be attributed to worms. Not all of them at once and perhaps none of them are certain, but if a person is thoughtful, they can very readily estimate the value of these symptoms when they see the patient.

1. A raised up papillæ on the tongue with a variable, irritable red appearance.

2. Cracks or fissures in the tongue. This symptom also denotes piles and might denote any irritable condition of the inside part of the intestines.

3. A sweetish, sickish breath.

4. A pinched or contracted expression of the outer angle of the eye. This is more particularly the case in the presence of pin worms.

5. A bad taste in the mouth in the morning.

6. General languor all over the body.

7. Irregular stools, sometimes soft and sometimes hard.

8. Pains in various portions of the body may be from pin worms

and this irritable disposition almost invariably accompanies the party who has them. Perhaps this should be called nervousness.

9. An irritability of the heart is always an accompaniment of a tape worm and usually accompanies a pin worm or the long round worm.

We have seen several specimens of worms in the intestines which were apparently foreign to anything that has been described.

One of these parties, a gentleman from Australia, said that he never had them until he went to Australia.

Another—a lady who had been to China—had a very queer parasite, which had made her almost insane. This may have been a variation of the pin worm.

What had been already written about the effect of medicines on these worms may be supplemented by saying that starch food, milk, oysters, and unclean meats always nourish these parasites and as long as these are eaten, one has very much trouble in getting their body clean.

We shall quote from the Italian doctor, BRERA, ON WORMS.

This book was first translated into French in 1804, and into American in 1816, by John G. Coffin, M. D., of Harvard University. Tolerably good authority as a starter, is it not?

Before you read it, look at the cut on the opposite page, (Fig. 79) and see the lines showing where these vesicular worms had burrowed their nest in the man's brains. and now read the story.

“Joseph Ricci, of Pavia, about fifty-five years old, of a feeble temperament and poorly fed, having been for three months subject to attacks of intermittent fever and tormented by violent affections of the mind, was seized in the road on the morning of November 26, 1797, with torpor of the lower extremities. Dragging himself along with a reeling and uncertain step, he was suddenly taken with a severe pain in the upper part of his head and at the instant he cried for help he fell senseless to the ground. He was immediately conveyed to the clinical hospital, where I found him in an apoplectic fit of a character altogether asthenic or nervous, as most physicians call it. Excitants were applied both externally and internally without effect, as the man died the following midnight.

On examining the body and finding nothing remarkable in the external substance of the brain, we attempted to open the two lateral ventricles and found them filled with a bloody serum. Here an unexpected phenomena presented itself; two large clusters of hydatids extended along the branches of the plexus choroides, to which they were intimately attached, so closely that to separate

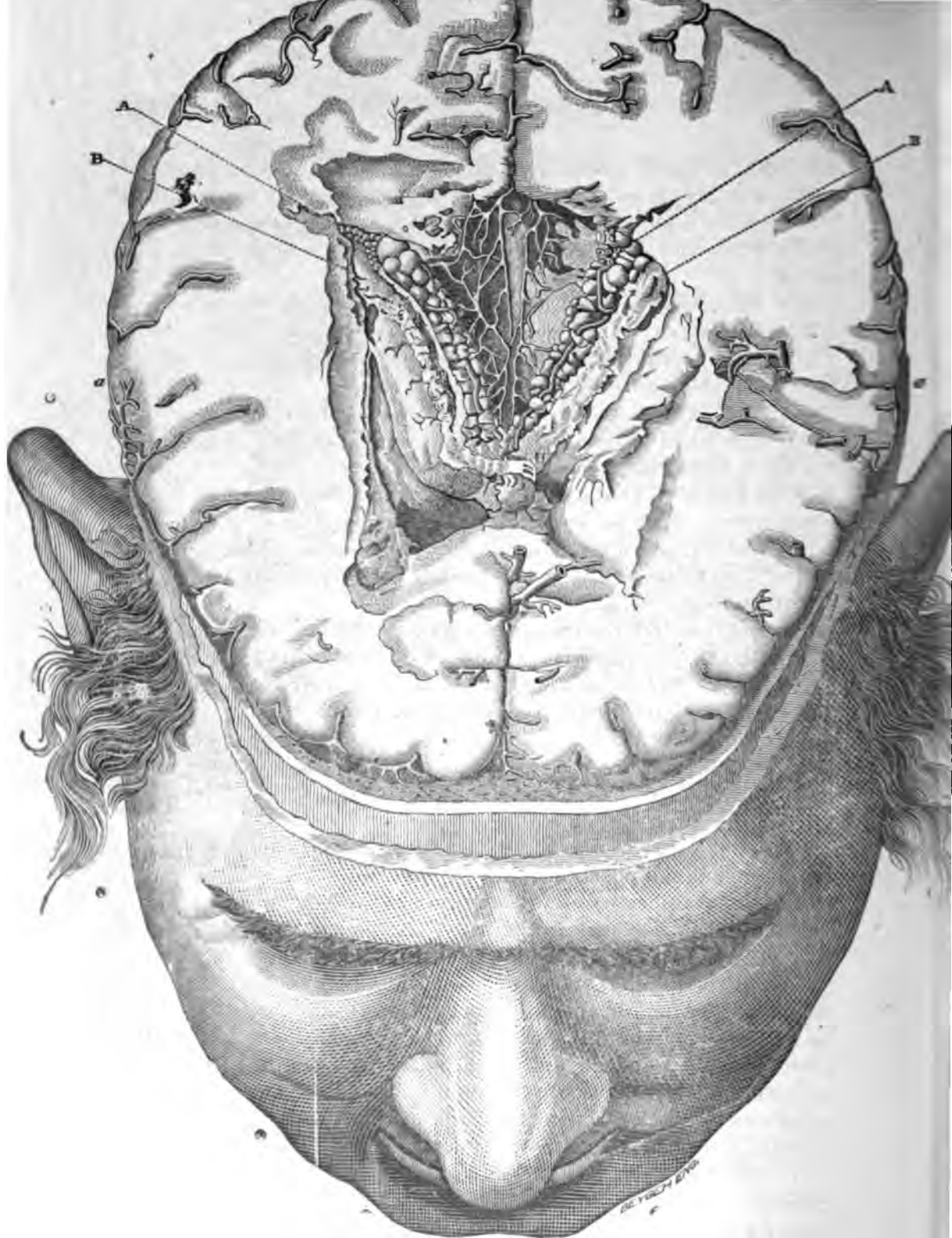


FIG. 79—FROM "BRERA ON WORMS."

A horizontal section of the brain made in order to expose the two lateral ventricles, in each of which is discovered an assemblage of human vesicular worms (hermits), extending along the course of each plexus choroides. *a a a*, Circumference of the brain. *A A*, The two clusters of worms (one in each lateral part) which, coming from the bottom of each ventricle, follow the direction of each plexus choroides and meet at an acute angle, by means of a particular petiole, in the anterior portion of the ventricles. *B B*, The two plexus choroides.

them I was obliged to tear the substance of the plexus. Each cluster of hydatids was about two inches in length, large and extended at its inferior extremity, which floated at the bottom of the ventricles, the summit terminated by a long cord folded in various directions, and was strongly attached to the partition which separates anteriorly the two ventricles.

This double collection of hydatids so regularly disposed, being removed from the brain and attentively examined, we saw that each little bladder contained a real worm, of a structure quite singular.

It was composed of a head similar to that of the taeniae, and of a vesicle full of water, and organized in a wonderful manner.

The vesicle seemed to be formed of three different membranes; the first external, thin, transparent and very shiny or glistening; beneath this was seen an arrangement of very slender circular fibers,—these were extended over another velvet membrane, which lined the inner surface of the vesicle or little bladder. Each small bladder was therefore one of those worms to which Bloch gives the name of hermits, to distinguish them from the *vesicular social* worm, which is also a bladder filled with three hundred or even four hundred small worms. The internal part of the bladder contained nothing but some water, and notwithstanding every examination we could make, we could not discover the least sign of any organ which might serve for the natural functions of this animal.

A very singular species of worms, truly! The figure of the small bladder is sometimes round, sometimes oblong, sometimes angular, etc.

While the worm is living, by slightly compressing the end of its long neck, the head seems to be furnished with fangs, and a little mouth like that of the armed taeniae."

Observe, that Doctor BRERA says nothing of the CAUSES of these WORMS; neither do the French translators nor the American M. D.

Not a word. What caused the worms? What do you think caused the worms?

In one little Illinois town the doctors laughed at the writer for talking so much about worms. He was called a "*worm doctor*."

But after a little, the laugh began to sober out.

The people who had been years sick began to examine their stools and found worms. We could tell of many cases, but one will do. A young man had been troubled with a throat affection for many years. The doctors said it was bronchophony. Bronchitis, bronchial affection, Aphonia, Hoarseness, Catarrh, Pneumonia, and a lot of other high-sounding names.

We gave him a vermifuge, the formula of which is printed elsewhere in this volume, and he was freed from the presence of a number of lumbricoides, or round worms.

He was at once relieved and cured of his throat troubles. Oh, you may believe the young man was well converted from allopathy in a short time.

These allopathic doctors poohed at the idea of worms. But soon one of them found his practice no longer paid his expenses. He moved to Kansas. Before he went to Kansas he had studied something about worms.

Another high-toned, political doughfaced tippler moved to Chicago. Another one departed to Colorado, and an allopath, who felt certain there must be a "good opening" where they had moved out found it necessary to emigrate to Nebraska. When that pork-eating people stopped their hog rations and got rid of their worms they found they did not need a physician. So these doctors kept on moving. When these people learned something about themselves they refused longer to be doped with quinine, iron, arsenic, potash and opium. They took catnip, wormwood, drank sage tea and rejoiced in much better health. That town was ruined for allopathy.

But what caused the worms in this Italian who so suddenly died from "asthenia"? Do we know?

Not precisely. The description is not accurate enough. But we can satisfy any of our readers what might have caused these worms, and we can also tell you how the man might have been cured, and also tell you how you can cure a chronic case similar to Joseph Ricci, of Pavia.

Look at the engraving on this tapeworm. Every joint that you see, after it has gone a little way from the head and neck, is said to be mature. These mature joints send forth eggs. Yes, eggs.

These eggs are produced from these joints as you see the lines in the engraving because these joints have the sexual apparatus to produce them, and that is the nature of the parasite.

Observe, that these eggs from the tapeworm may pass through the lacteals and go to any part of the body. Not only they may pass, but they do pass into different parts of the body and hatch.

For instance. A man can have a tapeworm in his eye. Where does it come from? From the egg of a tapeworm which the man carried in his intestines. We know in reason that this must be the fact although the book asserts that the eggs must pass through the stomach to get the shell broken or dissolved.

It has been found that in five days after a rabbit has swallowed



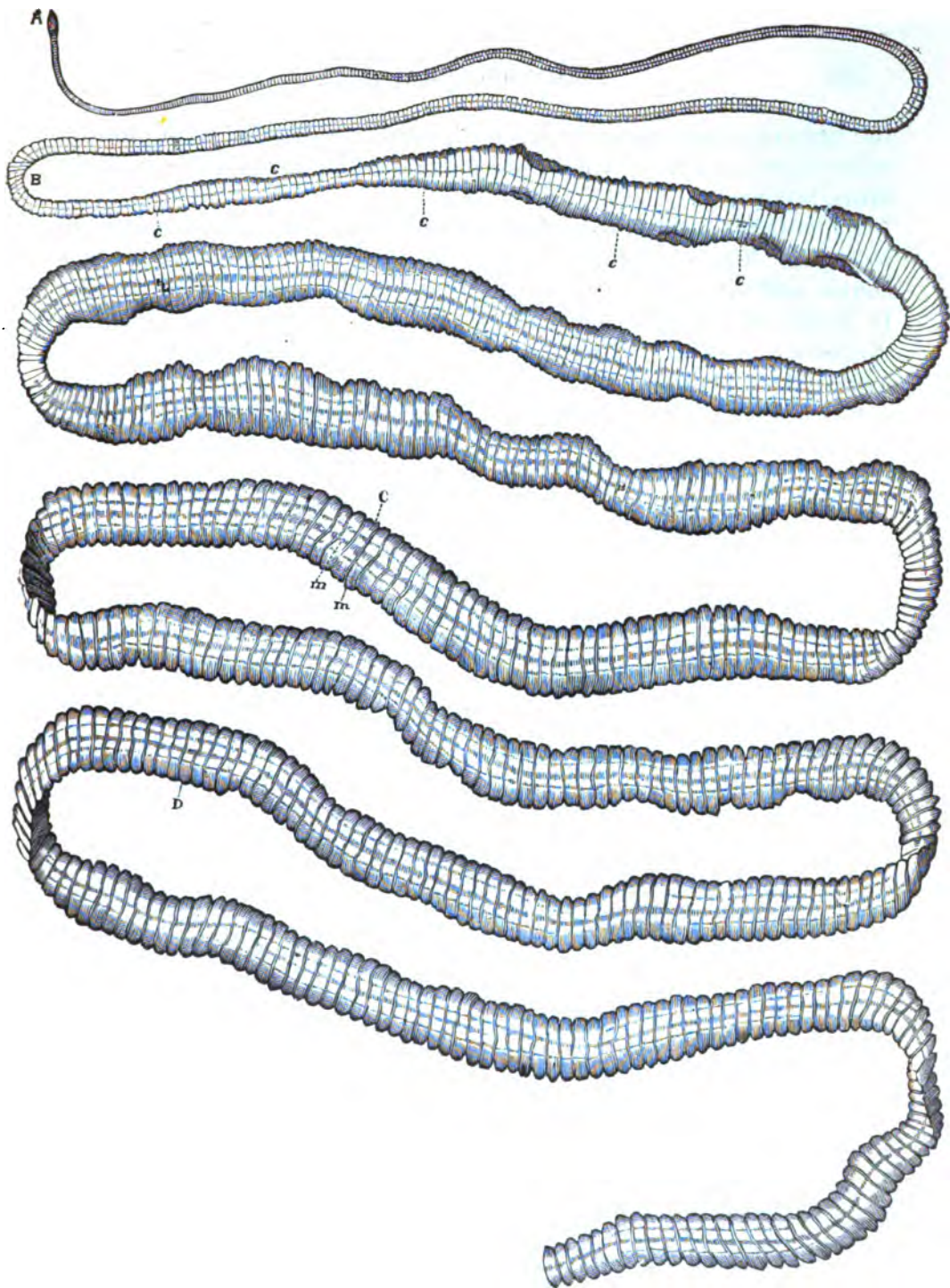


FIG. 80.—AN UNARMED HUMAN TAENIA.

A. the head; B. the neck; C, the narrowest part of the body; C. D. broadest part of the body; C. C. C. C. longitudinal groove or depression parallel to the length of the worm; M, M, small perforated papillæ (*sexual apparatus*) observed on the surface. Each one of the mature joints after leaving the neck passes off hundreds of eggs in a month.



the eggs of a tapeworm the liver and lungs were filled with minute white specks, each of which, when examined, proved to be a miniature tapeworm.

When this egg gets to a place where it can lodge, it commences to hatch. The egg increases in size. It becomes hollow in the center and the whole egg appears like a bladder filled with water. It looks like a globe or bladder and then it has been called a "BLADDER WORM." Not that it lived in the bladder, but that it looked like a bladder.

When it gets to the liver it is called a *hydatid* of the liver. Sometimes they say it is an *echinococcus*. Yes, it is often the cause of the most inveterate diseases of the liver.

When it goes into the hog it is called *measles* of the hog. Do you imagine your butcher would lose three hundred pounds of pork that cost him five cents a pound just for a little trifle of measles? You are not soft enough to think so. They can convert the sides of that measly hog into nice bacon. They can smoke the hams and they are put up in a nice canvas sack or cover and labeled "sugar cured," warranted pure and fresh, to keep in any country, by Jones, the wholesale packer.

A slice of this ham, half-cooked, goes into your stomach at a religious supper. You swallow a cup of tea and the gastric juice takes off or dissolves the covering of the egg (of the tapeworm, which is scientifically called *cystercercus*,) and the egg becomes a *hydatid* of the liver or a *tapeworm* and you are unhappy.

By this time you are somewhat interested in the study of worms. Let us hear some more.

We love to tell interested readers because we are not old school. We do not belong to the Allopathy. We have no dignity to sustain; and as to the society, we are done with it. The "society" is going or gone from us. We want you to be good, We want you to *know*. Hear what Daniel said : "*knowledge shall be increased.*" When you read you become a part and parcel of Daniel's prophecy. You don't believe that part of it because your eyes are not yet opened.

The doctors have lots of stuffy names for these tapeworms. *Tenia solium*. *Tenia crenurus*. *Tenia serrata*. *Tenia crassicolis*. *Tenia mediocanellata*. *Tenia latus*. This is also called *Bothriocephalus latus*, although it differs from the *Tenia* in many respects. There is also a *Bothriocephalus cordatus*. This is specially found in North Greenland. It measures almost a foot in length and nearly all the dogs in that country have a familiar tapeworm. It has been known to have six hundred and sixty joints, although it is the shortest of tapeworms.

The *Bothriocephalus latus* grows from six to twenty feet in length. The Finlanders have it more common than all other people. We have three specimens in the office in Minneapolis, and in 1872 there were only six specimens in the College of Physicians and Surgeons in London.

On the Lapland frontiers in Finland there is rarely a family free from it. They think it is hereditary. But Dr. Huss thinks it is from eating salmon half-cooked or smoked. We don't doubt it. Other fish have the embryo, as for instance, trout and bleak.

Speaking of worms in fish reminds the writer that when he used to go fishing in the Gulf of Mexico every "drum fish" had an entire colony of living worms in its body near the tail. The natives of that section always cut off the tail of a drum fish.

To go back to these names Do you know what the "staggers" are? Sheep have this disease sometimes, also dogs. What causes staggers?

Some of these tapeworms get into the brain of the sheep and breed there. It seems as if one form may develop into another form of living in a different place or creature. Thus a mouse tapeworm becomes a cat tapeworm if the cat swallows the eggs, or ova, of the mouse tapeworm. The *Tenia caeunrus* of the dog have been fed to sheep and lambs, the result was bladderworms in the sheep's brains and the afflicted sheep and lambs had the staggers as a disease. By the way, don't you think mutton should be well cooked? And really, is the hog such a fine-haired acquaintance of yours as he was some months since? How is this, anyway?

To return to our Italian's head. *Brera* conjectured nothing as to the cause of the worms. Knowing as much as we now know, we suggest that the man had eaten un-cooked mutton and had bladder worms, from which cause he died, or as the nice lady captain in the Salvation Army barracks puts it, "The man died, dead." We presume no one doubts his death at this date.

Now let us see why these results are not more often traced to their cause. I am going to quote from a late work (allopathic, bless your soul) on the principles and practice of medicine by the late Charles Hilton Fagge, M. D., F. R. C. P., and published in America in 1886. Page 234, he wrote that "A person who has a tapeworm in the intestine cannot derive cysterici from its ova. They must first pass through the stomach where shells are removed by the action of the gastric juice. Still, it is remarkable that such patients do not become affected with bladder worms more often than is really the case. The ova are apt to hang about the anus and must frequently be carried thence by the finger nails,

particularly at night time, and finally might reach the alimentary canal. Moreover, long-continued retching may bring the worm itself into the stomach. As a matter of fact, very few of those who have a tapeworm are ever known to become affected with cysterci, but Von Graefe found that among thirteen patients with cysticercus in the eye, five had tapeworms."

The object in showing this is to show that this author is sticking to authority, which said, as in the first sentence, that "one who has a tapeworm cannot have cysterci," because the "shells" of the eggs must be "dissolved by the gastric juices." We are quite confident this is not so. Tapeworm eggs can and do hatch in any part of the body where there is heat enough. And therefore thousands of people suffer from some miserable diseased condition long after the tapeworm has been expelled.

And many thousands of those people can be cured of some chronic catarrh, or some chronic ailment by taking a medicine which would have removed the tapeworm, head and all. Put a big stick down at this point, for we are going not only to tell you how to remove all kinds of tapeworms without the use of any poisons, but we are going to give you some formula for the successful taking away of all the symptoms of bladder worms, hydatid and the chronic disease of the liver that the regular school can do nothing with. We are going to show you a safe way of ridding the body of all parasites, no matter what portion of the body they may be in; and we are going to try to explain why we do it and what the principal of cure is, and how "Joseph Ricci, of Pavia, aged 55," could have been cured if the medical gentlemen had thought out the case sufficiently to know what was the matter.

Before we do this let us have another common pest of the human body—the oxyuris.

In common language they are called pin worms. This worm is called maw-morm, maggot worm, thread worm and seat worm.

The Latin names are *ascaris vermicularis* or *oxyuris vermicularis*.

Notwithstanding the familiarity of this worm and its entrance into all classes of society, we have heard of physicians who denied the existence of any worms and when brought up and confronted by the presence of the living creature, declare that, "Oh, everybody has worms, and there are no worms to hurt anybody." This gross and culpable ignorance demands condemnation in seven languages, but we really do not have time to attend to it just now.

The female pin-worm may contain twelve thousand eggs and can renew this number several times before she quits business. (?)

Pepper's System of Medicine says:

"The young seat worm in various degrees of growth and development and the mature males, are chiefly to be met in the lower part of the small intestines, while the pregnant and mature females chiefly occupy the cæcum.

It is said that the eggs to be hatched must pass again through the mouth. These eggs, they say, are conveyed by the hands and finger nails to the mouth. Just think of that. But we do not believe this; we think that the worms can be bred and bred again directly from the parent. Even after the parent or old worms are gone, the young ones can still raise up another brood. Fourteen days will hatch a new lot and the new ones are more voracious than the old ones.

For the symptoms of pinworm one need not go to the books. The books say, "Itching at the anus and at the nose, restlessness, startings in sleep, grinding of the teeth, pain and diarrhoea."

But we think that we can add to these symptoms and give the books a pointer on their business. Let us examine the case.

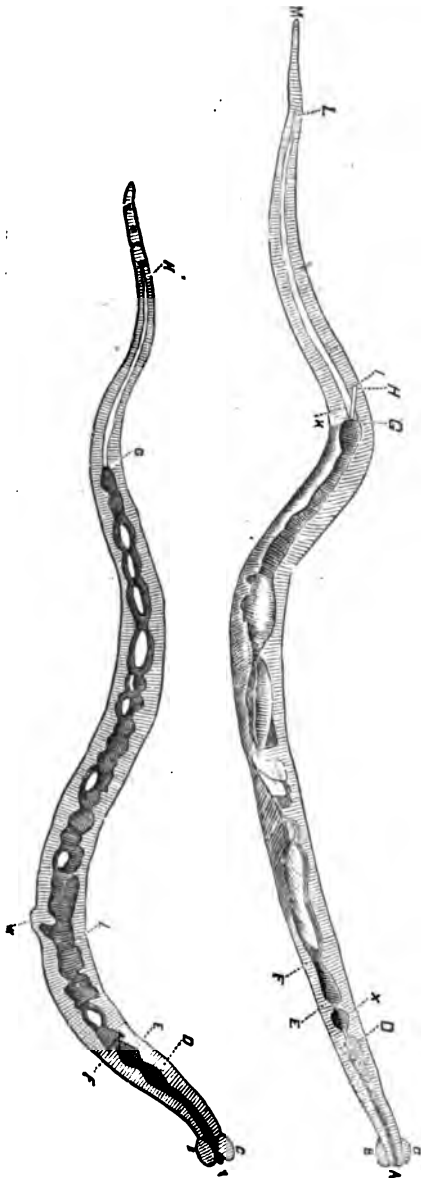


Fig. 81—Magnified view of Female Pinworm. *a d* Canal to stomach. *c b* Eminences on the head.

Fig. 82—Magnified view of Male Pinworm. *c b* Prominences at head; *a* the mouth; *m* the tail; *r* the stomach; *c f* intestinal tube; terminating at *g i*.

1. Faintness of the stomach is often a symptom of pinworms.
2. Headache, through the temples.
3. Palpitation of the heart.
4. Dizziness.
5. Bad taste in the mouth early in the morning.
6. Dyspepsia, weakness of the knees.
7. Downheartedness, melancholia. and a terrible blue, suicidal feeling often proceeds from the presence of pinworms. These feelings are present because the pinworms irritate the bowels and the great sympathetic nerve and cerebro-spinal system becomes involved.
8. A persistent back ache is often present with the unfortunate wretch who has the pinworm.

Pinworms destroy the juices of the food and although a person may eat well, there is a weakness that can only be accounted for by inferring that the lacteals are diseased and that all food is poisoned on its way to the thoracic duct; or, in other words, the presence of pinworms changes healthful food to a detrimental compound as it enters the heart.

The mischiefs that I have seen resulting from the presence of these pests of the human body are of so varied natures that a volume would be insufficient for detail.

I remember a very handsome lady, the mother of two children, happily married, but she was insane. The unhappy husband had tried the best of regular school of physicians and they, with their bromide of potash and morphin treatment had made the poor woman much worse. They were to send her to the insane asylum in St. Peter. Some of their friends referred them to me and I removed about *two quarts of pinworms*. She recovered perfectly and has remained well ever since.

How many pupils have I seen bothering their heads over sums they could not see through and they would have the headache "so badly," and finally be taken from school "on account of hard study" and the entire cause of their obtuseness and ill health was *pinworms*.

Yes, indeed! This is a big subject with a very small object. Just think of how many thousands of women doctor for "female diseases," when the basis or cause of their trouble is pinworms. Does the doctor know what to do? Why, bless you, the doctor knows no more about worms than the worms know about the doctor. Look at what the books say; Pepper, (5 vols., price \$30) says; "Epsom salt alone, or with senna, as a purgative," then "castor oil, also alone or with a few drops of the oil of turpentine"

"twice repeated." Then he advises tinct. aloes. It ought never to be forgotten that aloes causes more piles and more derangement of the bowels than almost any other cathartic. Aloes are a bad purgative; they destroy the lower bowels and one or two doses will not destroy the pinworms, either.

Now look at the treatment ordered by Robert Bartholow, M. A., M. D., L. L. D., of Philadelphia, in his practice of medicine, published in 1886,, page 142; "The administration of one of the vermifuges, especially *santonine*, aided by *calomel*, should be the first step in the treatment."

*Santonine* and *calomel*. One of the great and most common causes for tooth decay is this free use of *calomel* by the regular, old school practitioners; it seems as if they never could and never would get out of this rut of rot. The mistake of Bartholow lies in the fact that he knew nothing whatever about pinworms. He might dose down *calomel* twice a month and never get rid of the worms. True enough, the patient will get relief for a few days, but the worms would reappear, because the young ones and eggs would not be cleaned out. The *calomel* would take out the big ones and leave the small ones. Does it not seem a strange thing at this late day that the old regular should stick to *calomel* when every intelligent reader in the United States knows the baneful effects of this destructive mineral.

Bartholow, like the rest of the regular medical profession, is very anxious to get laws made to prevent anyone that is not a "regular," "academic," and all the rest of it from practicing medicine but the writer would rather trust to the Piute Indians to be doctored for pinworms, than trust to Bartholow or any other regular allopath. The matter with the regular school is, that they know little about worms and less about American remedies.

Let us see about this. The first remedy that comes up before us is the *poplar bark*.

*Populus tremuloides* the botanists call it. It can be boiled and drank in wineglassful doses three times a day; or it can be powdered and taken, a half spoonful in sugar, syrup or water, twice a day and upon the *poplar bark* being introduced to the intruders, Mr. and Mrs. Pinworm and family leave the premises. Prof. Bartholow does not know anything about the bark of *poplar*; it is too common and too plain, and, moreover too effectual. After a course of *poplar park* the regular practitioner is reduced to a great extremity for "something to do."

But, mind you, two doses of anything will not rid one of pinworms; it requires persistency. Two doses a day, for, say forty

days, before one is sure of being sound and free from parasites their and eggs.

Milk, pork, tea, coffee and sugar should be avoided until well.

The next best remedy is balmony, *chelone glabra*, is what the botanists call it. This herb also goes by the name of snake head, turtle bloom, turtle head, salt rheum weed. The herb and flower can be used; it can be taken as a powder or as a decoction, wine-glassful twice a day. An injection may also be used to the bowels. For the injection, put three ounces in two quarts of water—boil ten minutes, strain and when cool enough use as much as possible. If not immediately effectual, put a heaping teaspoonful of salt into the two quarts of balmony decoction and use moderately warm as an injection to the bowels every night so long as the worms annoy you.

I have used the cottonwood bark in Minnesota and Nebraska with good success. For a horse with any kind of worms, a green cottonwood pole to chew the bark from is an excellent vermifuge.

The next best vermifuge is white Indian hemp, the root. This is the *asclepias incarnata*. It may be used in the same manner but it does not require so much. This is good to drive out the long round worms.

The drink of sage tea three times a day worries the worms a great deal, but it must be continued.

The old regular school is a fraud when it strikes a worm. They make as bad out as our smooth friends the homœopathic school and the Christian scientists. The finest specific for pinworms is the bitter root—the *apocynum androsaemifolium*. Ten grains of the bark of the bitter root, taken fasting, every third morning, will eject every last pinworm in about twenty-eight days. You must continue to repeat the dose to kill out the young brood. Do you get this idea?

The common blue vervain *verbena hastata*, is another safe vermifuge. Use it in any way you like, it is all right and not poisonous or hurtful to the body.

Our space is out but the subject of worms is not out. Reflect that the remedies named are safe; you can use them on the weakest or on the strongest without any fear of bad effect. The old school remedies, calomel and santonine, are dangerous in anyone's hands. Is there any one formula that can be a specific? Well we are sure of it. Take:

Extract of Gentian Lutea, solid, one pound. Dilute with six ounces balm of gilead buds. Roll in capsicum, four ounces; bitter root, four ounces; pulverized myrrh, four drachms. Roll out in

slippery elm bark; make a five grain pill. Dose one or two after meals. Dose can be increased.

For a long time the author could not understand why children who ate chestnuts had so many worms.

Happening one day, during the flowering season of chestnuts, to observe the blossoms on the top of the tree, we noticed a large number of flies. The problem was solved. Flies lay eggs in the chestnut blossom and the nuts have the fly eggs, which are hatched out worms, after the nuts are ripened.

### TREATMENT.

We will commence with the tapeworm.

In the case of tape worms, there are three special methods.

1. To take liberally of cayenne pepper. This will eliminate the worm as he can not stand pepper of any sort. Eat it on the food and in any other way you choose. Only take plenty of it and keep it up.

2. The next and specific way is to have two pounds of pumpkin seeds and peel them. Then pound them all up and early in the morning, fasting the night before, eat all these down. Chew them up good.

There should be four ounces or more of the whole meats of the pumpkin seeds when they are ready to be chewed up and swallowed.

After they have been down for four or five hours, take three (or four if the patient is a robust woman or man can take more) ounces of pure castor oil.

Should the first dose not finish the worm in full (but I have seldom known of it to fail) then try it again in a full fortnight from the time of trying it before.

The third remedy is the use of pomegranate bark.

In this treatment there should be three articles.

First:—The compound which is made from equal parts of cherry bark, rhubarb, prickly ash berries, pleurisy root and culvers root all powdered and mixed. Call this number ONE.

The second is fourteen ounces of pomegranate bark of young twigs. Quills they are called. Coarsely ground. This is number TWO.

The third is one pound of powdered elm bark and one ounce of cayenne pepper well mixed. No. THREE.

With these three articles we think any tape worm on earth can be taken away. Anyway, we do not think there is anything better but it has to be prepared in a methodical way with no slops of any



kind or other smells with it and prepared alone, with pure water. Soft water is always best.

Of this, C. R. No. ONE, take out one heaping teaspoonful or if the person is in good condition, take two heaping teaspoonfuls and place in a large coffee cup. Turn this to the brim with boiling water—and soft water is the best. Of course, any water will do if it is boiling.

Let this stand one hour, and when the person is about to go to bed, strain and give them all but the dregs. They should not have eaten any supper.

Early in the morning, let the patient lie in bed.

Place all the amount fourteen ounces of Pomegranate bark in two and a half quarts of cold water and if it be possible, have a porcelain or a granite ware kettle.

Bring this to a boil and keep it boiling for fully forty minutes.

Then having the patient fasting, take out two cups and allowing it to cool by itself, never putting any water in it, and being sure not to allow any of it to become too cold, have them drink one cup and then the other cupful, as fast as they can one after the other just as fast as it can go down. Keep the kettle and contents on the stove.

But note:—If the first cup causes nausea, then stop at the first cup and place the other cupful back in the kettle.

In all cases where the patient is a woman who is thin and nervous, only one should be given at first or at any one time. Because, if she commences to vomit, it is not so likely to carry down the worm, as if she kept the first cupful down. Therefore in many cases give one cupful and wait the full hour before giving the second cupful. And have an hour between each dose given. So with the second dose.

If the patient is robust and thinks she can take two cups as well as one cupful, then let the second go down. But, if there is any nausea or any doubt, better the one cup and let the rest remain warm on the stove. Wait another hour.

Then give one or two full cupfuls as the patient may be able to take it. Not forcing it, because the first will most likely make the patient sick at the stomach.

The patient then can suck at a lemon, but it is best to just touch the tongue and do not do much, if any sucking, to have it in the stomach, as the worm dose going down will add enough to the stomach and the acid is no good for the purpose of evicting the worm.

In one hour, or in forty minutes, if the patient is not sick at the

stomach, give another full cupful or give two, if the patient can take it without vomiting.

Should the patient vomit, wait a little and begin by giving much smaller doses. Say a large tablespoonful at a time. Give this every fifteen or twenty minutes or every half hour and gradually giving more every fifteen or twenty minutes until you have one full quart down if some has been vomited.

If none of it has been vomited, then one pint will answer but as every person is different, it is best to continue giving the medicine as long as there is any delay in the worm coming down.

It may take three or it may take ten hours for this worm to come down according to the condition of the patient and the strength of the medicine which has been boiled. It should be boiled hard. A mild steeping will not answer. It should be boiled and when the boiling has been hard, the strength will have been taken out of the barks and then it will go down and carry down the worm all in one bunch.

No water or other drink should be allowed until the worm comes down altogether. No eating on any account. And best not to have much of any talking. Keep quiet and keep the liquid going down the throat of the patient and the worm is bound to come, unless there is a persistent vomiting. In this case, we say give smaller doses and give them oftener and make every thing keep quiet until the medicine remains in the stomach and as soon as it can be held in the stomach and commences to pass down, then the worm will pass down and the stomach will get easy so that more can stay in the stomach at a time. But, if the patient can take one or two cups at a time, then the case will be easy and there will be no danger but what the whole of the worm will come down at one time.

When ready to have an operation of the bowels have a chair with a hole in it, or something comfortable so patient can sit easy or after it commences to pass, it is possible it will take an hour or even two hours to pass down. Sometimes it comes with a rush. Be prepared, after the first hour.

When it does come away, and all has passed, then take it to some place and have a wash bowl with warm water and take up the mass of worm, place in the wash bowl half filled with milk warm water. Then, with the aid of two small sticks or with two matches, separate the worm until you run down to the fine end and there will be just a blackish head or bulb with one or two little black spots on it. The head will appear like a small bulb, not any larger than the head of a pin and may not be so large.

When you have the head, then you have enough for the day.

Then there may be a baked apple eaten or a small slice of toast or a small cup of sage tea with cream and sugar.

There should not be any heavy meal eaten until the day has gone by so the sickness will not come back to the stomach.

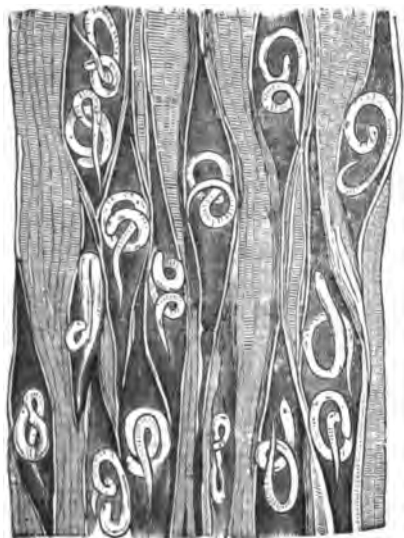


Fig. 83.

Showing the condition of muscles invaded by the parasite *TRICHINA SPIRALIS*, seven weeks old.

This parasite comes from the hog, although it occurs in dogs, pigeons, rats, rabbits, mice and many other animals.

As long as you keep clear of unclean food, specially swine flesh, you will be likely to be free from this parasite.

If a very heavy meal is eaten, then the patient will not feel good whereas, if there is a light meal eaten there will be a bright, easy, feeling and good sleep and the next day one can go to work and feel fresh and bright.

After this has been accomplished, then the next day, early morning there should be taken a dose of the Elm compound so the patient can have this out of the way and it can go down and clean the eggs from the intestines every day before the food goes into the stomach. This is important. An even teaspoonful in a little water, there should not be any coffee or tea drank nor any pork eaten nor any liquor used for ninety full days.

The hands should be daily washed thoroughly before anything is handled for food. Scrubbed with soap and finger nails cleansed. The hands and bowels should be washed daily for the ninety days so as to make sure there are no eggs to go back into the stomach and let another lot of eggs hatch again.

There are many other kinds of worms which come from the hog, the *TRICHINA SPIRALIS* being a much more common pest—that is, supposed. When domiciled in the muscles it causes much pain, and is passed off as “a rheumatic pain.”

The proper treatment is to give a bitter and a hot remedy with astringents.

The WORM SYRUP should be used and doses of cayenne every six hours during the day.

To eradicate the long round worms, take a full dose of the worm syrup, or either of the vermifuges, early in the morning. Spice Bitters at noon and N. Cordial at night. Or a special mixture can be made of Black Ash (three ounces), Sassafras (two ounces), Wild Yam (two ounces), Culvers Root (two ounces), Ginger (one ounce), Capsicum one dram. See special mixtures.

Important diet directions would be to have a patient abstain from milk, pastry, eggs, and in general to mind the diet which is found under SCROFULA, which see.

We have seen some very remarkable cases of eczema which came because of worms in the body. There is usually a sour smell with this kind of eczema which is peculiar after one sees it. The better way to do when one has a case like this, is to give a dose of vermifuge and follow it up day after day until we are sure that the intestines are cleansed. Keeping in mind that at all times that certain kinds of food as, for instance, milk, potatoes, pastry and fine flour bread, form the nest and nutriment for worms. Bathing in cold water daily when a person has worms, has, in my estimation, a great tendency to drive the worms from the body. They cannot stand the sudden shock of cold.

I cannot believe that worms by themselves suck the blood—the fresh blood. There is no evidence that any internal parasite likes blood. It likes the juice of the food, perhaps the *succus entericus*, but it is the juice of the food and the sweetness of the food that the worm likes.

There are many other kinds of worms of which we have no space to describe. We may mention filaria, which live in the blood and are supposed to come from mosquito bites. We have no idea whatever, as we have said in intermittent fever, that these cause any fever, as they do not. But it is sure that they may cause a great deal of trouble in the person who is carrying them. For instance, when they go to the bladder or the kidneys and cause bloody urine. And it is our belief that the eggs of the pin worm also wander or are carried into the general circulation and come out on the skin or sometimes cause sore eyes. Not, perhaps, alone the eggs of the worm there, but, perhaps, a portion of the defecation.

We think every kind of a parasite can be carried out of the bowels by this Worm Syrup.

Any of the bitter herbs are good vermifuges. But they must be taken day after day until the blood becomes too bitter for the worms to live on. These bitter herbs do not hurt the living matter, but the bitterness is offensive to the parasite.

For other formulas see last of the book.

## KIDNEY DISEASE.

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We do not believe that one doctor out of a thousand has the correct idea of the urine or the real office of the kidney.

After reading very many books and from what we gather from conversations with others who have made a study of the human body, we are thoroughly satisfied that many authors of these books have no definite ideas in their minds as to how the urine comes from the blood, or how the blood gets out from the urine. And we must say that until we discovered the law of protoplasmy, we never could understand how it was that the blood went in and the blood came out and urine was left in the kidney to be passed down to the bladder.

It will simplify all kinds of kidney disease for us to get this matter in our heads first and see why we give a certain article or advise a certain course of treatment for certain diseases of the kidneys.

It will also prevent us from being caught by the gentleman spider doctor who ropes in the unwary and the simple-minded.

Let the reader turn back to the figure of the glomerulus, which he will find following the kidney, and there look at the vas-afferens; then look at the other side, the vas-efferens and then at the figure which denotes the body of a glomerulus, and it will simplify matters a whole lot if the reader will get it into his head that the kidneys are a structure which the blood goes in through this afferent vein and then dumps its water into the glomerulus and passes out into the efferent vein.

What does this? What passes in and passes out?

The corpuscles, red blood corpuscles. The red blood corpuscle starts from the heart and goes down through the abdominal aorta and through the renal artery and is then divided up in the pyramids and finally goes to the afferent vein and there this corpuscle dumps its quota of water or urine, which goes into the bottom of the glomerulus and out through the urinary tubule.

If we get this understanding that the corpuscle alone, under the influence of the vital force does all of this business itself and purifies itself of all the materials that may be in the body, and which it has been forced to take up, and that the kidney is really a dumping ground for this little corpuscle to go in and ease itself, and not only ease its own body but to carry off surplus water which may be in the system from any cause. If this is understood—which is the teaching of protoplasmy, as we understand it, although we believe

that it would be possible for even the white blood corpuscle to eject anything from its body which was not all right, or which was desirable to get rid of—I say that when you understand that this kidney is a dumping ground and that these little glomeruli are the places where the corpuscle goes to eject or pass off all the excrementitious water and all the surplus water that is in its little body; not alone clean itself and divest itself of all the stuff which may have not passed off elsewhere, but absolutely taking away particles of worn out effete, or worn out nerve material.

With these ideas in our head, we can now approach what may be termed KIDNEY DISEASES, but until we understand that the corpuscles themselves are the agents which do the acting, and not a dead chemical force, we certainly cannot understand the diseases of the kidney or how to cure them.

The first disease that comes to us from the “regular” is a “floating kidney,” sometimes called a “wandering kidney.”

Of course, actually, this is a lie. There is no such thing as a floating kidney, nor a wandering kidney, but because the kidney is evidently movable they call it “floating.” And if a girl or boy has a papa who can pay the bill, from two hundred to a thousand dollars, they salt them right to it and make them pay for the operation.

The condition of the kidney when it is said to be floating is when the adipose tissue, (means fat) is wasted away from any cause. And, as it wastes away from the outside part of the kidney, we have the kidney a little movable, not enough to hurt it, but just because the fat is wasted away a little, then these gentleman call it a “wandering kidney” or a “floating kidney”. The kidney could not get loose and they know it, but the word “floating” or “wandering”, or to term it “Ectopia Renis” (means same thing in Latin) is used so the common persons can not understand it. We say when this fat is dissolved away by some cause—loss of flesh, loss of weight, or anything else which may occur, from grief, or, worry or anything which bothers the man or woman and this fat is gone, then we have what is called a “wandering kidney”.

The proper remedy will be to take cold water baths over the back and to drink soft water. Regain the lost fat. The regular remedy, if the boy or girl has enough money behind them to pay the bill, is to cut down and put a silver wire to make believe that they have anchored it..

Never was a bigger falsehood on the top of God's earth. The devils out of hell, if there is such a place, must look on and chuckle at the gullibility of the human race.

The regulars say, therefore, that "it is rare to have a fatal termination," but we have seen a beautiful young lady, whose only fault was that her father was a well to do farmer, have her back all cut up and a silver wire run down in her back because the local surgeon and the other fellow from some town, wanted to make a fee and they did it. Poor anxious father. Thought he was doing the best thing when he paid some hundred dollars to have his girl's back cut open and the kidneys "anchored."

If any one says "floating kidney" to you, look him full in the eye and ask him what makes it float and hear the explanation.

When you get a chance, look at some kidney of a lamb or beef or a hog and see how it would be possible for the kidney to even move an inch either way.

Of course, it might move a trifle if the fat were somewhat dissolved away; but it never could "float," nor could it even "wander" anywhere. This is all false, and only given out this way to have traps to catch the unwise animals.

When this fat becomes loose, or when it is dissolved away, then is the time to regain this fat by proper food and exercise. By placing the amount of needed nutriment in the body and by giving the body exercise, this condition will become all right again.

Renal colic or kidney colic is said to be due to the passage of a stone, which may be formed anywhere in the kidney and passed out through the ureter to the bladder. The passage of the stone is painful. This is not a very uncommon occurrence. The causes of this calculi are hard water, baking powder, soda and soda drinks which are sold at the drug stores or fruit stands and which are manufactured from carbonic acid made from limestone. Every drink of soda is simply a gravestone drink. Shun it.

To cure a calculi, the better thing is to drink distilled water and dissolve it, if possible. But if a person has a severe attack of calculi or severe pains in the back or kidneys, and is uncertain of what is going to pass, the proper remedy is to take about a half pint of sweet oil early in the morning, and fast. The sweet oil should be good. California oil I consider the best in the world, as Italian oil is simply our cotton seed oil fixed over by the bottler and the label maker. I do not consider cotton seed oil as good as the olive oil. This dose of olive oil may be increased until a pint is taken, and it can be supplemented by a cup full of composition at bed time. The food for such a person should be the same as in scrofula. Do not eat a mouthful unless you are hungry.

Sometimes, on account of hard water or from sexual excess—and especially where the party has lived an unclean life, the kid-

neys become congested. Then it is heavy and aches. The remedy for this, is soft water or distilled water—a pint or two early every morning and fast, with not more than one meal a day and better to have a fast for forty-eight hours or until all the pain is gone and all of the symptoms of the congestion of the kidney are gone. This may be assisted by a wet pack of cold water with three or four thicknesses of a linen towel. Have the pack reach around the abdomen. Cover with a couple of bath towels and cover up, finally with a blanket. Pin this snugly—not too tight around the body. This may be worn all night. If the perspiration becomes free, take it off and wash all over in cold water and change all clothes.

There are times when pus or matter pass in the urine. This shows there may be an ulcer in the kidney. This is caused sometimes by the presence of worms and sometimes caused by calculi;” and at other times caused by some putrefactive material which has lodged in the kidney, making the ulcer. To remedy this, place yourself on correct diet—fruit and nuts. Shun all bread, potatoes hard water, and especially avoid contaminations of any sort. A good remedy is infusion of cleavers—if the water is scanty—elm infusion or marshmallow infusion—if there is scalding of the water—which may be drank freely, a quart during the day. Queen of the meadow, which should be boiled, may be drank a pint a day, having made a decoction of an ounce to a pint and the spice bitters can be taken once a day. The use of distilled water is imperative, and the daily cold bath of cold water will assist materially in having one cleared up in the body and this will heal any ulcers that may be in the kidneys.

It is said that these calculi are compositions of uric acid, oxalate of lime, phosphate of calcium, magnesia and potassium.

If a dog could understand these assertions we think he would stand out on the side walk and laugh at everything that went along on two feet.

How particular these fellows are to give us the chemical names for all these things. These names are makeshifts of the doctor to use when he goes among the unlearned people. Now, it is well known that hard water contains these phosphates, and whenever the water is hard, it must be had either from calcium, magnesia or some other mineral, and, of course, these calculi come from this hard water, which have been deposited together until they have stuck together. And the calculi or stones in the kidneys are nothing but an aggregation of these particles of hard water. These have filled the glomeruli full, and the glomeruli has sent them out to the urinary tubule, and the urinary tubule has done its best to



get rid of them until, finally, they have got into the ureter and nature sends them out of the ureter into the bladder.

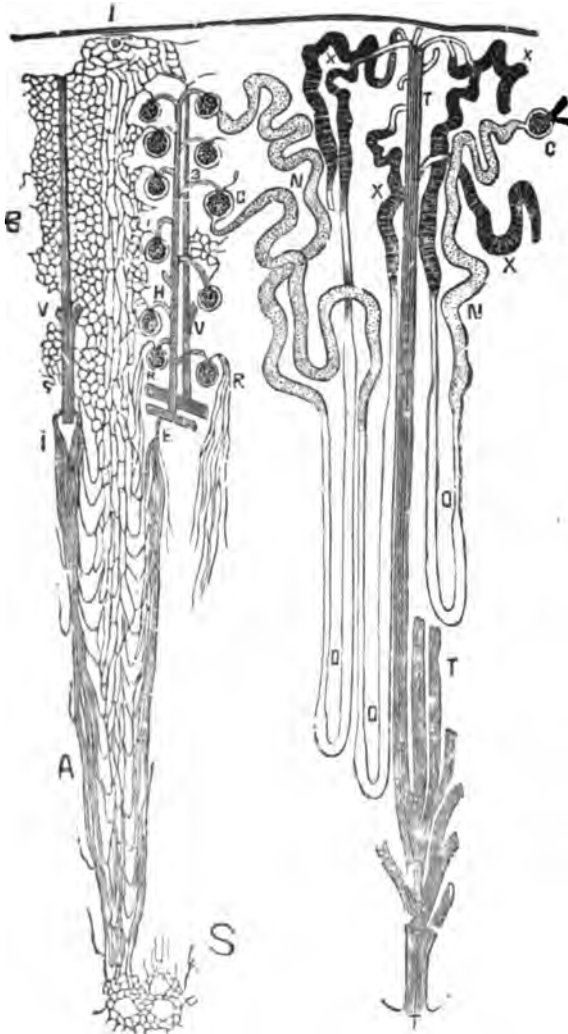


Fig. 84.

This is a half diagrammatic view of the uriniferous tubes and the blood vessels.

1. Represents the commencement of a Vena Stellata. B, the capillaries of the cortex. A, the capillaries of the medulla.

H. The interlobular artery. The vas afferens seen at 2. The vas efferens comes out at nearly the same place. V. V. interlobular vein. R. E. The vasta recta. I. Venæ rectæ. N. N. The convoluted tubes. X. X. Junctional piece. c. c. Bowman's capsule and glomerulus. o. o. Henle's Loop. O. O. Collecting tubes. T. Excretory tubes.

Every student can see that if these tubes have a continuation of this sweet or sour putrefied matter (urine and excrementitious material) passing over them, that the inside part of these tubes will become decayed. It is these conditions that cause the delay in recovery in old cases. These tubes have to be recovered—have to be repaired by the red blood corpuscles. Of course, the Vital Force, does the repairing through the material corpuscle.

If these doctors had any good of the human race in their mind, they would tell every person that Royal baking powder, Price's baking powder and every other baking powder that is on the earth and the use of soda are the things that destroy the kidney and supply the atoms that make these calculi; but that is not what they say. They say one of the reasons, where it is present, is old age, which is a lie. A man does not have to have these things because he is old.

The "regular," when he gets a case of movable kidney, cuts it out. One man, however, by the name of Stengel, proposed to give

the person something to eat and supply the fat. Our regular birds on this side said that that was not successful, but we can tell them that a diet of nuts and fruits with soft water will soon eliminate calculi and restore a movable kidney to its natural condition. Sometimes, if the pain in the kidneys is severe, a tea made of one ounce of corn silk to a pint of hot water is useful. Sometimes the stone root is a good thing. But we have never come to a case where we thought that anything did as much for our patient as about a pint and a half of olive oil in the morning and a good injection of catnip to the bowels, with the pack of cold water over the back. We can say one thing positive and sure; that hot applications and opiates, as advised by the regular, is just exactly the very remedy which any person should NOT use that has an ounce of brains or desires to get well with the least particle of desire.

Because the back aches, persons often think they have kidney trouble. It may or may not be so. Usually there is a history of constipation and when the person is constipated, the water that should pass off, with the bowels and make the feces soft is taken up and absorbed and passed into the kidney. When this is done we have a cause of congestion of the kidney. The urine will be red and there will be little settlings in the vessel that they may pass the urine. The settlings may look suspicious.

After drinking distilled water or soft rain water for the course of six weeks, these settlings will disappear.

Some of the kidney drugs that are sold as patent medicines contain a quantity of nitre. This is a mineral and although usually dissolved easily, we believe it has an effect on the urinary tubule to destroy its texture as we have seen those persons who have used this nitre or nytro-glycerine usually have a puffy appearance under the eyes showing that the glomerulus was not in the condition to allow the corpuscle to dump or get rid of all its urine. Some of the urine was retained in the system.

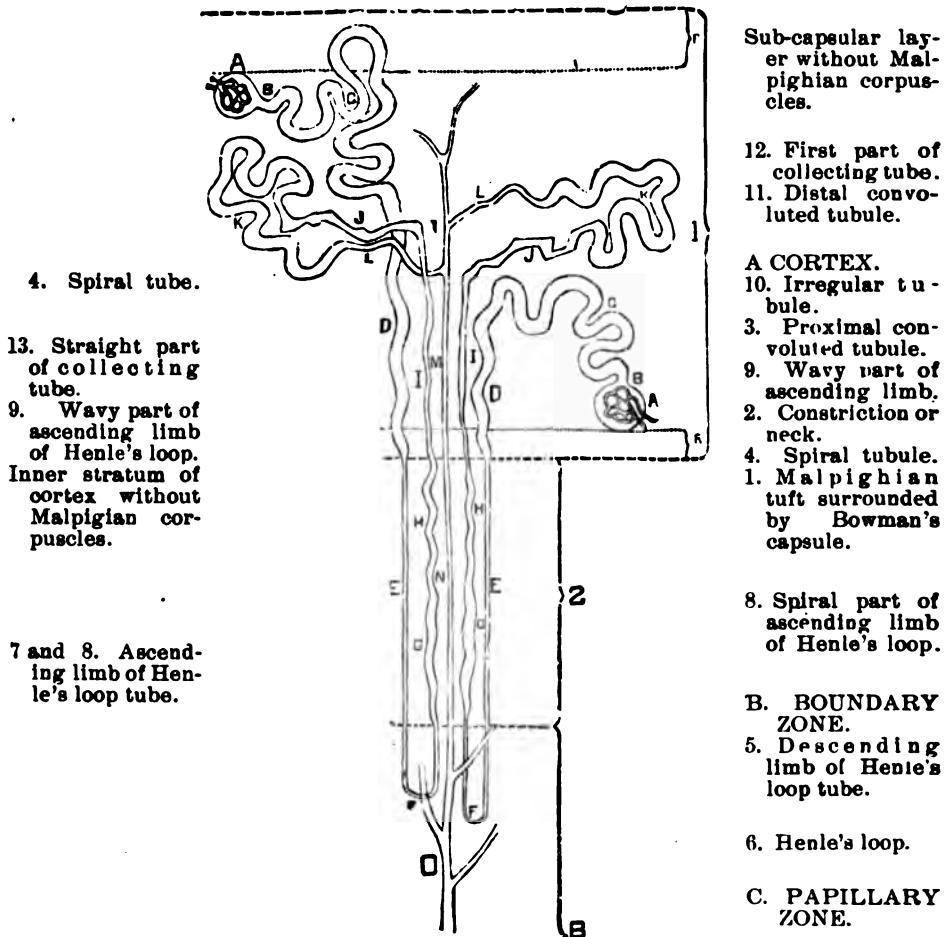
Tobacco users and people who live unclean and persons who have taken much physic are the ones who have much trouble with their kidneys. Persons who live clean lives are not among the class that have any trouble with these two necessary organs of the body.

For what may be termed Kidney medicines, see the last chapter on formulas.

Many persons when they get through with drugging, think that all kinds of medicines are alike and they throw away all the plants and herbs that would assist them. For, in many of these plants and herbs there is an element of nourishment for these corpuscles, which is really needed.

"Regular" medicine does not know anything about this, because they have never been taught and because they do not know what a poison is. Every thing, according to them is a poison. They say this because as we said, the "regular" school is very ignorant of these plants and they do not know how to use them, even after

Fig. 85.



(Diagram of two Urine Tubules. From Klein and Noble Smith.)

A. Malpighian Tuft surrounded by Bowman's Capsule. B. Contraction of Neck. C. Proximal Convoluted Tubule. D. Spiral Tubule. E. Descending Limb of Henle's Loop.

J. Irregular Tubule. K. Distal Convoluted Tubule. L. First part of Collecting Tubule. O. Excretory Tubule.

It is very important to have these tubes cleaned out in the easiest and quickest manner. For this reason, Spearmint, sage, pennyroyal, spikenard, sassafras, dandelion blossoms are all useful as little infusions. One of these at a time, will assist the corpuscles to cleanse off these tubes and these plants also furnish nourishment for the corpuscles as well as all the blood plasma.

they have been told. We think this is because they have never had the definition of what is a poison and what is not.

A poison is anything that will, by contact, kill a corpuscle of blood. Strychnia, arsenic and all this class of antagonistics will kill the corpuscles of blood at once.

On the contrary, these corpuscles will live in a solution or an infusion of cayenne, catnip and very many kinds of herbs and will be in good condition all the time. By this we know that many of the plants are beneficial to the human system and we know that the mineral kingdom does not afford any nourishment for these corpuscles. As a matter of fact, the regular school, does not know its own history and does not understand its own text books. Blinded by their animosity and pursuing a course which has been laid down to make the profession of medicine an aristocracy, they have become strangers to the truth in every way.

We shall find that many herbs are very useful in conditions of congestion of the kidneys. Also in dissolving calculi.

#### DIABETES MELLITUS—OR SWEET URINE.

If we had time and space we would copy every thing said of this disease to show our readers proof of what we have asserted in the matter of the regular school not having any system or any set of rules to be governed by with their practice. They really are ignorant, and they say so.

Cyclopedia, the latest, 1900, says : "Pathology is still obscure."

"Etiology is also uncertain."

It is said to be especially frequent among the Hebrews, that is, among the wealthy class, and it is said also that the negroes of the South very seldom have it. It is more frequent in men than in women. Sometimes there is eczema. Boils and carbuncles are some of its additional symptoms, and are likely to attract attention. Large appetite at first and great thirst. Notwithstanding all they eat, they never get fat. The urine is always largely laden with sugar. And any quantity of urine is passed during the day and during the night. In fact it seems as if the whole body was turned to water. And a man may pass for some days who has a severe case of Diabetes Mellitus, four gallons of water during the twenty-four hours.

The regular cannot put these symptoms together. We give them credit in having the facts as they are, all right. Of course, not knowing the cause of pathology or etiology, they being still obscure and uncertain, which means to say they don't know anything about it. Of course, their remedies are no good on earth—

of which they have only two—and one is arsenic and the other is opium. We could hardly believe that it was possible after their talking and printing books, and so on, that they could be reduced down to two remedies.

We shall a little further on give a detailed set of causes of why there are any cases of diabetes at the present time. We will only say that in these conditions we have the inside lining of the urinary tubule sour and fermented. And this fermented place, the kidneys taking in the starch which is over the body, turns it at once into sugar, and so we have the entire secret laid plain. Starch in excess in the blood. Turns sour and becomes sugar.

To show our readers the ideas of the "regular" school, we quote from the latest allopathic "authority," Gould and Pyles' *Cyclopedia of Medicine and Surgery*, 1900. Just imagine, if you can, a smooth, goggle-eyed "regular" standing before the Throne of God smoking a cigar and telling the angels that the human body—already diseased unto death, with every effort of the Vital Force laboring to cast off the uncleanness in the body—fancy this regular telling the angelic host that the diseased body can have "*ham*" from the hog, "*oysters*" and "*clams*" with their entrails and feces and all their filth; "*kidneys*," the vilest, most unclean organs in an animal, and "*pig's feet*."

Read the list—which we here produce as an evidence—not alone of their imbecility and stupidity, but of their diabolical uncleanness. Observe that it is not so very long ago, but is up-to-date allopathy. "Regular." Blind, stupid, unclean, poison-dosing "regular" arsenic and opium-dosing assassins. Read the list and look every "regular" in the face down to his neck and see the "ABOMINATION THAT MAKETH DESOLATE" written all over him.

**ARTICLES PERMISSIBLE**—Soups.—Consomme of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mulligatawny, tomato, gumbo fillet.

**FISH**.—All kinds; but no sauces containing flour.

**MEATS**.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

**RELISHES**.—Pickles, radishes, sardines; anchovies, celery, olives.

**FARINACEOUS**.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soy bread. Potatoes may be substituted for bread, and gluten for flour in soups and gravies.

**VEGETABLES**.—Truffles, lettuce, romaine; chickory, cucumbers, spinach, sorrel, beet-tops, cauliflower, cabbage, tomatoes, oyster-plant, onions, string-beans, water-cresses, asparagus, artichoke, parsley, mushrooms, all kinds of herbs.

**DESSERT**.—Almonds, hazlenuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies and ice-cream sweetened with saccharin or glycerin. In cooking acid fruits acidity should be neutralized with bicarbonate of soda or potash.

**BEVERAGES.**—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, red wine, dry sherry, ale or bitter beer, claret, Burgundy—all in moderation. *Mineral waters.*—Alkaline and alkaline calcic, but no purgative waters.

**ARTICLES PROHIBITED.**—Liver, wheat bread, corn, flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, icès, jams, treacle.

It is always desirable to ascertain first what can be accomplished by diet alone, and if by a moderately strict diet sugar disappears from the urine, it is scarcely necessary to use drugs. The more doubtful foods should be tentatively used, and their effect ascertained by urinalysis.

**MEDICAL TREATMENT.**—Of medicines, only 2 have borne the trial of experience; viz., arsenic and opium. The former drug is efficient in mild cases. Fowler's solution, in 5-drop doses, is the most convenient and trustworthy preparation.

We positively state that this list of "permissible" foods are wrong in many instances. Their whole theory is wrong from the start. They are honest only in two admissions—when they say that etiology is uncertain, and that they do not understand the causes. We give them credit for these two confessions. But they do this in their books. The doctors do not do it. Individually, they all claim to know all there is to be known and are unwilling to have any other poor soul know a thing.

Tomatoes are death to a diabetic. Potatoes are making matters worse all the time.

It is a wonder that American writers of this time in stating that the Hebrews who are well to do have the diabetes more than their poorer neighbors, did not find out a cause for this trouble among the Hebrews. We think we can tell the gentlemen as well as the readers that the cause of diabetes M. among the Hebrews of the wealthy class, arises from the continued use of goose grease. This fat lines the entire body and with their bread, unleavened or leavened, and with the use of wines and such excesses, the urinary tubules are fermented and spoiled and they have the diabetes.

The reason why the negro of the South never has the diabetes is because that he is in the open air all the time and the fat he eats is passed off through the skin. It is here that protoplasm explains the causes and tells at once what to do.

### TREATMENT.

We believe that the evidence that has been produced and is produced, as shown forth in every case of diabetes, proves to us two conditions.

One that the body is full of starch that is in a souring or fermenting condition. Secondly, that the white blood corpuscles have not the power to change or have no materials to assist in the

change, or they have no power to condense themselves on their outside walls to become red blood corpuscles, and, therefore, they remain white blood corpuscles—perhaps dying in this condition, or else being overcome by the presence of this ferment in the body, they are killed, and are then carried to the kidneys and passed off as sugar in the urine.

With this condition before us, we see there, two requirements to be immediately met. One to eliminate the body from this excess of starch, and secondly to give these white blood corpuscles an opportunity to condense on their outside walls and become red blood corpuscles.

To the person who will think, it becomes evident that these two processes must be immediately accomplished. For if the red B. C. have power in themselves to carry off, or throw out, or to eliminate, or to eject all this old, worn out material at once, we shall have a clean body at once. Or they can do it little at a time.

We can understand these efforts in the case of diarrhea or dysentery or physic. Nature eliminates or casts off all the refuse out of the body without any aid from us, if she has a sufficient quantity of red B. C. But, if there are not enough red blood corpuscles in the system, we find that these old materials are not passed off and they may putrefy in the intestines. They become obstructions.

Same thing about menstruation. We find that if the woman is in good condition all the old material will be eliminated from the system without effort and a few days pass and everything will be all right. So in the case of boils, carbuncles, or a better example than that, is in the case of sweating in the harvest field.

Nature has a large amount of material to cast off and there is not much cast out of the body until the man commences to drink freely. When he drinks freely and works with plenty of air, we find the perspiration is very profuse on his body and the skin is bathed with liquid on the outside. He is eliminating or throwing out all the old, worn out waste and effete materials that are in the blood that nature desires to get rid of.

Applying these facts to the case of the diabetic, we are sure that nature is trying to send out the excess of sour starch or sugar that is already in the body, and as there does not appear any other way to get it out, it is sent through the kidneys. We see that which passes out from the bladder and test it and find sugar. Now any person who can reason will know that this sugar comes from something.

What does this sugar come from?

There is only one element in the body which by any means can produce sugar. And this element is starch, and the way or method by which this starch is turned into sugar is on account of its contact with an atom or atoms of acid. This starch and these acids, as we will explain in the article following, are changed into sugar by their mutual presence and contact. Now, we may be sure that our mode of reasoning is correct when we turn to the body itself and find the evidence—either by the history of the case or by the condition in the person himself, and there is a large amount of something sticky, sour, starchy in the body and we have the condition of the diabetic—or Diabetes Mellitus.

Anything that will assist these white corpuscles to condense on the outside wall will help the case.

Prickly ash berries, cayenne, bayberry, sumach berries or the back from the tree are all useful.

Experimentally, we found the black ash pill (see formula) to be of the greatest benefit in some cases.

But where there has been a history of mineral medicines behind the case, and where there are other histories which are as bad, and the feet and limbs are swelled hard, with sinking spells, and where occasionally the patient has everything turn black before his eyes, we need not expect to do anything with the case. So far as we know, there is nothing to be done for such a case only to keep them easy. And if let alone, they will become easy of themselves.

Bathing always relieves the case. Opening the pores of the skin seems to be always beneficial.

Having in, every form of this disease, the skin open, is of the greatest importance.

Walking barefooted and taking care of the case as we have described in consumption, will bring it out, if the kidneys are not too far gone, decayed from the passage of this material through them.

When we have a case of a lad about twelve years of age, where the pupils are enlarged and where there are blind spells and pains in the left side, with occasional spasms, we have always noticed that they die under any treatment. There is usually a history of drugging behind them. And the effect of this drugging is fatal.

For any case of diabetes the patient can eat all the fruits—not more than one kind at a time—and the nuts with only one or two kinds at a time, that he can eat at once. Bananas and peanuts are excluded from this diet. Bananas would be all right if a man lived in the latitude where they were grown and where they could be ripened on the bush.



At the very outset we desire to say that any man with the diabetes should sleep alone with all this implies. The body should be bathed all over in cold water every morning and a daily walk of one to five miles or so much as the patient may be able to stand should be in order both morning and night. Positively no bread nor any cereals. We have copied from the list of foods and meats which they permit, and we say most positively that oysters, chicken, clams, tomatoes, and turtle should not be eaten under any consideration. Pigs' feet, tripe, eggs, calves' heads, ham, sausage are positively injurious to the patient and we say that when the regular penned that list he showed that he was not only obscure and uncertain, but that he was positively ignorant of the first principles of all kidney diseases and especially of D. M. Tomatoes and mushrooms are positively bad in any case of diabetes because they produce a kind of a thickening in the blood.

It will be noticed that these regulars say that acid fruits should be neutralized by—carbonate of soda or potash. We shall go more into detail in a short time when we come to the causes of diabetes, but at present we say that no carbonate of soda would go into the system, but on the contrary, the acids of the different fruits are beneficial to the diabetic. The articles prohibited by these regulars are those the most useful for the patient, that is, pears, plums, grapes, apricots, oranges, peaches, dates, water melon, honey, apples, carrots, turnips are all good foods and may be eaten freely by any diabetic. This, of course, is just radically different from what they have given us. We can tell our readers that we have, under our system, cured patients and there are numbers of them who were given up to die by the regulars.

In regard to remedies, we say that any remedies which will clean off or assist the corpuscles to clean off the inside part of the urinary tubule and clean out the glomerulus are the remedies to use. And no remedy can clean out the body as fast as an emetic.

The refuse in the corpuscles and an excess of starch in the body and the worn out materials of the body are more readily thrown out by an emetic than by any other means that we have at our command; but this must be given intelligently and if one is frightened or very weak, they can obtain much the same result by fasting.

## DIPHTHERIA.

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Before we commence with this article, we must say a few words as to what has passed before this comes to the eyes of the reader.

About twenty-one years ago this author commenced to have the ideas of the basic causes in the matter of this disease with other pathological conditions of the throat.

He published a little work (which has gone through five editions) and while all kinds of people have cured their children and all kinds of persons have been made better by the book, yet there are only a very few physicians who have ever thought about the reality of this condition which is called DIPHTHERIA.

One physician told the author that, having a very severe case of Diphtheria, he sat up nights with the child and tried every known remedy for the recovery of the little one, who was the child of one of his dear friends, and yet the life went out right under his eyes, in spite of everything he could do.

After the death of the patient he went home and felt so badly about the loss of the child of his friend, that he went to his library and took down this book and read it through. (It had been mailed to him months before, but the physician had not acknowledged receiving it.)

"Then," said the physician, "*I saw that if I had read the book before I had treated the case, and acted on the suggestion found in the book, I might have saved my patient.*" But think of it—This man, a brother practitioner, although he had been given a copy of the book *free* yet would not take the time to read it, because—well, no matter for what reason. He had not read the book and for want of not reading the book had lost his patient.

The fact was related into the ears of the writer without comment.

It will not need any explanation, therefore when we assert that this is one of the books which is NOT WRITTEN for the Doctors and WISE MEN, but is written so that any simple person can take it and can treat the patient without having anything to do with pompous and conceited doctor. We say more. There is no doctor or any set of doctors who have accomplished any thing in the way of teaching the father and mother how to avoid the condition we call Diphtheria. It will be found effectual and in this the latest of all the works of the author, it is asserted that in many years we have never had to change our opinion of the causes of the condition which is called by the name of Diphtheria. We know we are cor-

rect. We have rewritten much of this book and we have taken time to insert some engravings which will help the unlearned to become acquainted with the primal causes of the conditions which lead up to the fatal cases of Diphtheria and see how easy it would be to save every case where the condition could be made right. Being a parent and having children of ones' own makes it a pleasure to do for other people's children (as one "would be done by,") so that they may not need to call in any physician to give the deadly poisons to overcome a supposed condition which has no more to do with the condition which really exists in the cases of Diphtheria, than the fabled man in the moon.

### HISTORY.

The term "diphtheria," which is now applied to a well-known malady affecting visibly the mucous surfaces of the human body, more particularly those of the throat and fauces, is derived from the Greek word diphtheria, a skin or membrane. Many persons look upon diphtheria as a recent disease, but the weight of medical opinion inclines to the belief that a writer in the Second Century has given a very accurate description of the affection under the name of MALUM EGYPTIACUM. This writer (Aretus) gives a very minute and detailed array of symptoms in every way corresponding to those of the present day. Hippocrates, who lived six hundred years previous to Aretus, has in a few words summed up a case which for brevity and perspicacity will challenge any other writer since his time to equal. This description, which we copy, covers the essential facts as they occur in a fatal case of diphtheria, in these modern times.

"About the setting of the Pleides, the wife of Meander, the blind man, spit from the first a PALE GREENISH MATTER, and soon after about the sixth day PURULENT. The LIVER SWELLED, and she had a little purging. What she spit was in small quantity, WHITE, BROAD and like PURULENT FLESH. She had an aversion to food, and died about the twentieth day." (Coxe Epit. page 384.) This was written and probably occurred four hundred years before the Christian era, and would describe to-day the condition of very many cases of diphtheria in adults where there is no medical treatment.

But centuries before the time of Hippocrates an Indian writer had included in his "System of Medicine" a description which is even more suggestive of diphtheria. The writer mentions a disease in which "an increase of phlegm and blood causes a swelling in the throat, impeding food and drink, and marked by violent

symptoms, obstructing the passage of the breath, arising from phlegm combined with blood, is called 'closing of the throat.'"

There is no doubt that the physicians of the 16th, 17th and 18th centuries knew of this disease, since epidemics prevailed in Europe and were described by different physicians under various names. These epidemics in Holland, 1557, in Madrid, Italy and France, 1575, were very fatal and have been minutely described by the physicians, cotemporaneous and cognizant of facts and symptoms occurring in the periods named. Many of these names are suggestive of the extraordinary fatality and suffering attendant upon them, as follows: *ULCUS ÆGYPTIACUM VEL SYRIACUM*, *GARROTILLO*, *ANGINA SUFFOCTIVA*, *MORBUS SUFFOCANS VEL STRANGULATORIOUS*, *ANGINA MALIGNA*, *ANGINA GANGRENOSA*, *CYNANCHE MALIGNA* .

It is possible that other diseases may have been confounded with our peculiar type, but the similarity of symptoms are in favor of the disease being well known and dreaded early in the Sixteenth Century. In 1611, one Villa Real states that he has seen many times in patients, at the first outset of the disease, a white matter in the fauces, gullet and throat. He adds that the matter is of such a nature that if you stretch it with your hands it appears elastic, and has properties like those of wet leather—facts which he noticed by observing the matter coughed up by the living and also by the examination of it in the dead.

We have descriptions of this disease existing in Spain, Italy and Sicily during the sixteenth and seventeenth centuries.

In 1820, M. Bretonneau of Tours laid the first treatise on the disease before the French Academy of Medicine. He was the originator of the term "*Le Diphtherite*," which has since been constantly retained. Epidemics of this disease in Europe have been frequent, and the causes are conceded to be unknown, while medical and hygienic treatment varies with different localities and the different medical schools. The various views of medical authorities upon the infectiousness of the disease and its causes would swell our volume to an immense library. Dr. Morell Mackenzie says, "the contagious principle has not been isolated, although it probably consists of minute particles of matter, which are capable of floating in the atmosphere and attaching themselves to rough surfaces." Some assert that the contagious principle is in a minute fungus. Dr. Mackenzie also believes it to be dependent upon certain climatic and atmospheric conditions.

Many maintain that it is blood poison primarily ; the local manifestations coming afterward ; while others, equally learned Conti-

mental medical men, hold that diphtheria is a local disease at first, and the constitution becoming secondarily affected, or in other words that the poison from the throat is absorbed into the general system and produces a constitutional disturbance.

The defenders of this theory claim to be supported by experimental inoculation of the diphtheritic poison into animals, and also from finding the lower forms of vegetation, such as bacteria, micrococci, etc., in diphtheritic membranes and surrounding tissues, and also in the fluids and blood of persons suffering from diphtheria. In fact, they confidently assert that these vegetable forms may be produced by any decomposing membrane exposed to air and heat, and also from the well-known fact that the disease has occurred sporadically and alone, which could not have transpired if the germs were the primary cause.

The best authorities may be said to be unanimous in conceding that :—

1. It is a disease which may be communicated by infection and contagion.

2. That, constitutional disturbances are always present, and form prominent symptoms.

3. That, there are generally marked sequences following each case of true diphtheria, prominently some forms of paralysis, deafness or ophthalmic affection.

4. That, although it may be epidemic, there is a much greater probability of diphtheria occurring sporadically (in single cases).

All of these propositions have been denied, and refuted one by one, by different medical investigators. Nor can we judge accurately of the different types or form of the disease, unless we place ourselves in the position of the different writers, English, American, French or German.

In the "Nouveau Dictionnaire de Medicine," article diphtherite, (page 587) by Mons. Lepine, may be found a long list of eminent men who have devoted their talents to the study of the disease. Mons. Lepine quotes Trousseau as saying: "*Le recontre dans tous les saisons, sous tous les climate.*" ("It is found in all seasons under all climates.")

Indeed so common has the name diphtheria become that it is not an unfrequent error of writers to use the term for any exudation of the fauces. Thus Aitken, in his practice, gives an account of it: "Diphtheria of the mouth is a pultaceous product, of inflammation, in which the secretions of the mouth are greatly altered and increased." Also as a "sequela of measles." While in Vol. 1, page 514, he defines it as: "an acute specific, general disease,

which runs a quick and definite course in eight to fourteen days." He also claims that Washington died of this disease as did the Empress Josephine. Other medical writers, as Hutchison and Bouchat, declare that "ulcerative stomatis is in reality Buccal diphtheria."

Dr. Samuel Bard is claimed to be the first American writer upon the subject, and his essay is published in the *Transaction, American Philos. Soc.* Vol. 1. In point of fact, while doubtless each writer has contributed his share to the general knowledge, there is no one writer who seems to do more than to place the old facts in a new light, so far as discovering primal causes. A French writer (Bouchat) considers albumen in the urine "a sign of the commencement of prevalent infection," a symptom of great gravity, while another French authority (Lepine) does not think it of any practical importance. Mr. Wade (in the *Lancet*, 1862) makes the remark that after dissecting several bodies he revived the doctrine that diphtheria was an essential fever, while many other writers concur in the belief that there is very rarely a fever in a case of true diphtheria.

These appearances of irreconcilable differences of opinions, should not deter the thinker from drawing on his own conclusions. For it is well known that membranous exudation is sometimes like cream, and others like, or similar to pus, granules, corpuscles oleo-protein, granules and epithelium, while a third patient may exhibit the most horribly offensive, putrefactive odor and complete gangrene of the tonsils and soft palate and yet all the different forms may be those of true diphtheria.

Dr. Jenner classes diphtheria in six forms:—Mild, Inflammatory Insidious, Nasal, Pseudo-Laryngeal, Asthenic. Others equally eminent, have two forms, Mild and Malignant.

The study of modern writers would lead one to suppose that the disease must be changed in different localities, and changed immensely, or else somebody must be wrong. Many medical writers claim that until 1857, the disease was not known in America and then it was simultaneous in America and in England. In 1860 the first death occurred in Philadelphia, (Meigs and Pepper.)

The following table shows the comparative rates of mortality from 1860 to 1864 inclusive in that city.

Years.	Scarlatina.	Croup.	Diphtheria.
1860	206	354	307
1861	429	304	502
1862	461	258	325
1863	275	444	434
1864	349	455	357

## SYMPTOMS.

Diphtheria may commence with *slight chills* or, the patient may complain of *chilliness* or *depression*. At other times *vomiting*, *diarrhea*, but in the West, the author is of the opinion that *loss of appetite* is the first definite symptom in the majority of cases. A *fetid breath* is a noticeable *premonitory* symptom, and should not be neglected. Slight difficulty of swallowing; swelling of cervical glands, hoarseness, uneasiness in the throat, "mamma, my neck aches" is sometimes the primal symptom of a fatal case. Pains in the angles of the jaws, a swelling of the tonsils, are premonitory of the disease. Sleepiness, languor, and "tired," are the first things noticed by some parents, for it should be borne in mind, that the parent always sees the first symptoms, The physician seldom arriving until the patient is sick enough to go to bed and stay there.

Upon opening the mouth, the tonsils may appear red, inflamed, and soon the tonsils swell and become tumefied. The soft palate appears raised up, or puffed, and characteristic *odor* of diphtheria can be detected. In a short time the pharynx, the soft palate or the tonsils, will show patches of small and white, or whitish gray exudations, or of a pale, greenish cast. These increasing, run together and become of a dirty, grayish yellow. The affection now spreads rapidly. The SPOTS show their true character as an EXUDATION of FALSE MEMBRANE. If this membrane be burned or cauterized there will appear a red inflamed surface underneath ready to bleed, and if undisturbed, the membrane will be reproduced with great rapidity. It is the false membrane, which has been compared to a piece of wet vellum, or parchment, or washed leather which first gave the name of diphtheria to this disease, but this is by no means alike in all persons, for while the membrane on one person may acquire a *pale, green* cast, on others it will be YELLOWISH or GRAYISH WHITE, and in severe cases GANGRENOUS. In a short time, (if nothing effectual be done,) this false membrane covers the entire cavity of the mouth, the back of the throat, and fills the Posterior Nares. It is a very grave symptom when the nose bleeds, or when it becomes so filled with the exudation, that the air cannot be forced through the nostrils, yet all medical writers agree in having witnessed many with this symptom, recover.

Finally, this membrane appears to spread downward into the air passages, shortening the breath and creating a frightened look in the patient; and, it may also spread into the alimentary passage and continue to be SPIT UP. It has been stated that this membrane being decomposed causes the offensive breath; but in many instan-

ces coming under the writer's observation, *the offensive breath has been noticed many weeks previous to any symptoms of sore throat.* There is usually but little, if any fever; the tendency is always to cold, clammy hands and feet.

The cheeks appear to bloat. They are usually white, pallid although sometimes flushed temporarily. The power of shedding tears, appears to be lost at this period, and the neck is sometimes swelled to double its natural size. At other times it can be seen that other places upon the body (as the vulva and anus) have the membranous exudations, and often the entire reproductive organs of children seem to be covered with a humid exudation, accompanied with characteristic diphtheritic odor. The pulse grows small, urine scant, albuminous, countenance pale and haggard, if a child it may grow uneasy. "Papa, carry me on your shoulder." The membrane extends to the air passages, death ensues from Asphyxia, or from a collapse of exhausted nature.

Sometimes, under no treatment whatever, favorable symptoms occur; the membrane is cast off spontaneously; the appetite returns; the sleep becomes natural; the nostrils are relieved by blowing, (an act impossible while the posterior nares are filled up with the exudation,) and the patient recovers. The favorable symptoms to be watched for, is the arrest of the membranous exudation. When the patches begin to appear smaller, the disease may be considered checked.

The Larynx is, in great cases affected, and the voice is lost. (Aphonia). Tweedie's Practice Vol. III., Art. Diphtheria, quotes Brettonneau, as asserting that all deaths from diphtheria could be attributed to the affections of the Larynx, or change in the air passages. These symptoms of diphtheria need not be confounded with Quinsy, Tonsillitis, or Pharyngitis, although there may be an "exudation" in each of these diseases. They will be detected by other symptoms "which can only be made certain by a medical man." (Dr. Affleck in the Brit. Ency. Art. Diph.) This is said for the *doctor's benefit*. The fact is, that any one who has ever seen a case of diphtheria, is likely to be a good judge of the disease. Besides the history of the case is something. Swelled or inflamed tonsils are usually red and inflamed *over the entire surface* of the tonsils. Diphtheria shows *spotted places* over the back part of the throat.

A marbly pallor of the countenance denotes heart clots, or serious internal lesions. In regard to exudation affecting the larynx, and its immediate cause of death, there is a division of opinion. Dr. Jenner states that "exudation may and often does, extend into the stomach," nor can it be distinguished from the angina of scar-



latina. "The commencement of the formation of the false membrane is in reality an act of coagulation," (Page 515, Vol. I, Aitkens' Practice.) While another writer (Greenhow on Diphtheria, 1861) states that "the heart clots are found, or the heart is in a state of fatty degeneration. The exudation often extends into the structure of the lungs, which may be carnified. The kidneys may be filled with fibrinous casts." Though the symptoms given are those laid down in the books and observed by the most eminent observers, yet as Meigs (Diseases of Children, page 617) remarks, the disease in some cases is "strangely insidious." The condition of the patient may be fatal before being noticed. Heart clots may have formed. The uriniferous tubes may be closed permanently by the exudation before the condition of the patient is known, and a fatal result occurs before the little one is thought to be sick.

"The formation of coagulas in the cavities of the heart during life has been noticed in many conditions of the system; and this terrible, because almost necessarily fatal, accident is now always dreaded in the course of several diseases, of which diphtheria is eminently one." (Meigs on Children.)

Tanner, an eminent writer, is of the opinion that death arises, not from the exudation of the false membrane, but "from the deposition of fibrine in the heart."

This idea has been revived in America by W. C. Reiter, A. M., M. D. (monograph on diphtheria 1878), who asserts that all the symptoms are due as well as the disease itself to an "excess of fibrine in the blood," which may said to be a step in the advance of thought now about opening to the causes. For, as will be shown hereafter, all SYMPTOMS DEPEND UPON THE CAUSE. And when we learn the cause we can proceed to understand and apply a knowledge of the symptoms of diphtheria to a rational scientific treatment. We shall no longer dwell upon two centuries of symptoms, but we shall apply ourselves directly to that cause which must exist.

OBSERVATIONS—Professor John William Draper, in the commencement of his Physiology, makes the following premise: "For the maintenance of life, three chemical conditions must be complied with. Man must be furnished with air, water and combustible matter."

In the process of investigation for the cause of a disease already so widely and intelligently discussed, it becomes a matter of curiosity to ascertain how far the researches of others have elucidated the truth, or how far they have been satisfied with their theories. We have at the outset of our study to find the CAUSES of:—

1. An "acute infectious disease." (See Enc. Brit. Art. Diphtheria by Dr. Affleck.)
2. An exudation of "false membrane" (?) its apparent "growth" or "extension," or rapid reproduction.
3. Grave constitutional disturbances.
4. Albumen in the urine. Fibrinous clots in the heart.
5. A peculiar or characteristic odor.

Previous to our circumscribing the task of eliminating the cause of diphtheria, let us place upon record decisions arrived at by two of the most eminent authorities of the civilized world.

"The influence of climate, weather and condition of soil, appear to be inappreciable." Brit. Ency. 9th Edition.

"In other words diphtheria belongs to the diseases which are distinguished nosologically as general or constitutional." Am. Cyclo. Art. Diphtheria.

Some authors have ascribed the cause to a local poison as propagated by contagion. (Brettonneau, Trousseau.) Others have declared that the infusori, as BACTERIA, MICROCOCCI; etc., were primary and sole causes. The constitutional symptoms however, have caused an advance in opinion during the last twenty years and diphtheria is now generally regarded as a constitutional disease, showing itself locally as well as constitutionally. Those who have taken in detail the subject and traced patiently the cause; from a theory to a fact, are but a small portion of the whole number. That diphtheria is caused by an excess of some albumenoid body being in an excess in the human organization, if we were to judge from the symptoms, would seem to be capable of demonstration. Eminent professors of medicine, have stated that a "low electrical state of the atmosphere" was the greatest direct cause. (Maxon 1860.) Reiter, already quoted, thinks that "diphtheria is caused by an excess of fibrine in the blood." Undoubtedly the Dr. while doubtless in a measure correct, that is so far as fibrine arising from starch, he does not state why the excess of fibrine is in the blood, nor where this "excess of fibrine" comes from; whether air, water or combustible matter.

It would have been more satisfactory if we knew what preceded the fibrine in the blood. We shall endeavor to prove that diphtheria is an excess of some changed secretions of the human organization, or is an albumenoid body combined with a protein compound, which, if we are correct, will solve the problem of diphtheria. We shall also endeavor to show that some carbohydrate causes this excess of an albumenoid body and finally, we shall aim to name this carbohydrate as a common article of diet.

Church, an English professor, makes the statement that, "no complete chemical examination of the total constituents of the body have yet been made," consequently, while we are indebted to the partial examination of whole or normal bodies for a knowledge of their actions or constituents in health, we must be guided by analysis or observation of deceased bodies, for a knowledge of their actions and appearances in sickness. Perhaps we cannot do better than to examine at the present time, the principal places of the world where the disease we are now considering, is most prevalent.

In the histories of the medical writers, we learn that on the continent of North America between 20 deg. North latitude and 60 deg. N., and between those latitudes in Europe, diphtheria has assumed its most fatal type. In America for the past thirty years it has apparently migrated from place to place. In a warmer climate the disease changes until we reach Mexico, where it is unknown as a special disease. In the north above Canada we do not hear of diphtheria as climatic, or as a distinctive fatal disease, as we know of it in North America or in Europe. The food of the inhabitants of different countries is a matter of interest as well as the prevalence of a throat disease, which is so common in these latitudes, and so fatal.

Let us take a cursory glance at the foods eaten by the different nations. The humbler classes of China eat RICE as a principle article of diet. With their rice they drink tea. They eat Sea weed, and a sea bean. They smoke opium and in some cases use tobacco. Among the higher classes edible birds' nests, eggs, chickens, the edible root of a water lily in the lake district, and preserved fruits form an important adjunct to a rice, bean and tea diet. Meat of hogs, rats and other animals are freely eaten when they can get them. Bamboo sprouts are boiled and eaten, so are mice, roaches, snails, slugs and many other foods. We have seen the Chinese, and while they may not be a tough, hardy race, they have a patience and industry that we envy as we certify to their temperance and investigate their habits. There is one disease they do not have. That is, they do not have, as we of North America, have it. That disease is diphtheria.

Japanese eat largely of wheat, rice and a gelose from a sea weed, dried fish, slugs, shark's fins, sugar and they drink tea, coffee and wine. But with all this, DIPHTHERIA is not a disease of Japan.

The Siamese have rice, beans, seeds of various sorts, ground nuts, betel nuts, sugar, spiced meats of various kinds, deer meat, fish, birds, mollusks, etc. They have quite a number of diseases,

## KEITH'S DOMESTIC PRACTICE. PLATE XX.

Plate XX is enlarged from Draper's Human Physiology and is a representation of the Villi of Squirrel after he had been eating nuts.

b. show\* the outline of the Villi.

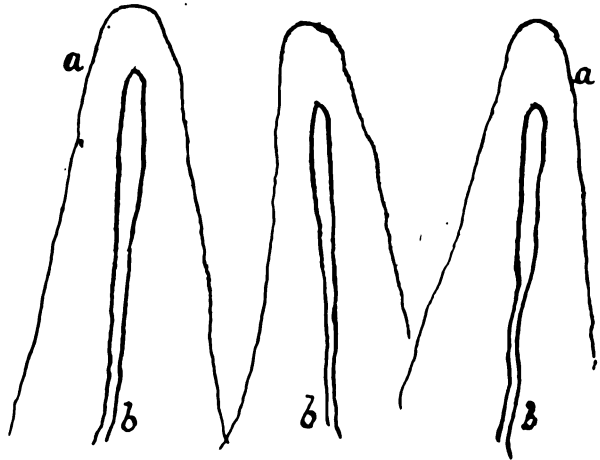
a. the oily particles adhering together.

The condition of dryness, which always exists in constipation, cannot be overcome in any manner, (naturally) except by placing oil or some oleaginous compound in contact with the walls of the intestines.

The act of giving physic, which is always an irritant in every case, to continue irritation to the inner surfaces of the intestines and which irritation by the physic destroys these villi, is one of the most stupid actions on earth. The continued irritation of the intestines, brings about more contraction and the intestines are continually made smaller in size. After a time, the villi disappear—the arteries and veins become contracted and the blood is congested—then dies, and is a foreign body in the circulation.

By restoring these surfaces with correct nourishment which includes juices of fruits and oil from nuts, we can restore all the body to its naturally healthy condition. Starchy potatoes, fine flour bread, pastry, crackers of all kinds dry up the inner surface of the intestines and cover the lacteals with sticky starch as with a coat of varnish.

Soups, fruits, nuts, dates, figs, apples, peaches, pears, raisins, prunes, furnish material good for the intestines.



## XXI.

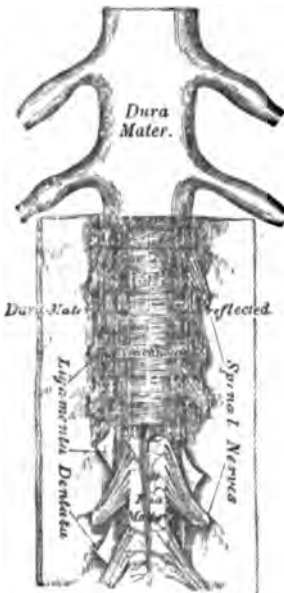


Plate XXI is taken from Gray's Anatomy, and shows in the plainest manner the connection between the nerves of motion in the spinal column and the ganglia.

All these nerves are made up of the best nourishment that is in the body and the blood corpuscles go to these parts and deposit this nourishment where it is most needed. The point that we desire to have you understand is, that if there is no nourishment or if the nourishment is improper, these nerves cannot be well supplied.

Observe again, that starch food in excess cannot make good nerve material, and therefore, it is very important that one should have the best kind of material in order to have the best kind of a spinal column.

Roman soldiers lived on black bread, sour wine or vinegar and fruits and nuts. They had meat at times, but the long marches were made on this food. Now, it is to be observed that before the Roman soldiers were the Greeks and Spartans who kept their bodies in the purest state possible and whose children were born—presumably—according to law. It is a matter of History, that if there was an imperfect child or cripple when it was born, it was thrown over the rocks. In the present day there is no law. Children are hap-hazard, born and brought up without any understanding whatever of the laws of the body.

In order to have any success with any paralyzed case, we must first purify the body. When the body is purified and good food placed in the body, we can restore that body to its usefulness, provided that it is not rotten or burned up by excessive passion. The spinal cord is a great study and is intimately connected with the brain, but if your spinal cord is not good, you may rest assured that your brain will not be good.

In the above illustration you will note everything is supplied from the blood, and when you come to the blood you have to resolve it back into the corpuscles and then we come down to the nourishment and the air we breathe.

Persons who think they can eat and drink anything, do not think or consider the results of this eating and drinking. We are as we take care of our bodies. And, if we will not take care of these bodies, we can expect that these bodies will be in the exact condition that we have supplied nourishment to them.

Consider all these facts and you will know what kind of condition you have in your spinal column.



but we do not know of any disease in Siam which ever simulates diphtheria.

In the East Indies, rice is the principal food. Many tribes do not eat in the day. Some of them never taste meat. In some parts, fungi, oils, and spices seem to be a staple diet. Coffee and other stimulants are used as drinks; birds and fish are eaten; pepper and curry are freely used as condiments. They are addicted to opium and tobacco. But the East Indian has no special disease of the throat as we have it here, unless the sufferer be a servant, broken caste and lives on a diet similar to the Europeans. The European residents lose children in a large ratio of mortality, but in comparison to our cities of Boston, New York, Chicago and Philadelphia, there is very rarely a case of throat disease, as our true diphtheria of England or North America.

Africa, from Capetown to the Equator has a mixed race, Boers, Dutch settlers, and natives. Africans, in Africa do not have any diphtheria. Neither does diphtheria exist in Madagascar where they eat rice, snakes and cocoa nuts, the various fruits, fish, and get drunk on various strong liquors. Diseases they have, and enough of them, but diphtheria is unknown.

The Fejeeans have a somewhat varied diet. Cocoanuts, bread, fruit, yams, human bodies, sharks, and fish of all kinds, plantains, terrapins and mollusks, and they drink three or four kinds of vile fermented liquors. Did any one ever hear of diphtheria in the Fejee Islands? So that if our amiable Mons. Lepine, will revise his work, he can truthfully retract, "*Sous tous les saisons, sous tou le climats.*" Under all seasons, and in all climates.

In South America, coffee is the principal and a constant article of drink. It is not only a pleasant stimulating beverage, but it is also a very important factor in the South American life. Dried beef, bread, yams, sweet potatoes, bananas and various fruits are the staples of daily food. South America does not know anything of diphtheria. Neither do children die of diphtheria in Mexico. (Many are killed by the bite of venomous snakes, tarantulas, etc.)

In Yucatan and Central America, the food consists of chickens, yams, indian corn meal, bananas, pine apples, rice with wine and coffee as drinks. But we never heard of a case of diphtheria in either of those two countries, unless the patient was a white child, and a native of the United States. In short, throat diseases are uncommon, and we believe our throat disease is unknown in Yucatan.

In Greenland the food is train-oil, blubber, bears' meat, warm blood, walrus flesh, seals and bones. Their drink is water, brandy

or oil. We do not envy them or their habits, but we can say, that if diphtheria did prevail there we should attribute it to their gross, coarse and oleaginous food. Notwithstanding their vile diet, they have no diphtheria.

The Indians of North America, live almost exclusively upon meat, which is a "flesh former," or direct fibrin maker and yet they never have diphtheria, that is, to any ones knowledge, If excess of fibrin causes disease, why should not the Indians have had it, who lived on fibrin for two hundred years?

Following out our idea, we look at Arabia, where camels' milk, dates, the flesh of goats are the staple factors of an Arab's diet. His coffee, spices and salt are very sparingly indulged in. Will any traveler bear witness to a case of Arabic diphtheria? Arabic ophthalmia we know. But no diphtheria nor any throat disease which has the characteristic odor or fetid putrefactive exudation as common in North America.

Where then is diphtheria? In Europe, Holland, Spain, France, England, In North America, above 20 degrees of latitude north and below 60 degs. N. Here dwells the scourge and in this area, must we look for the cause, always bearing in mind the testimony before us. "Air and water have no appreciable influence.,, Climate none. Neither do the seasons. We must return to the consideration of the air, water and combustible material, (food) in England and America where the people were simultaneously attacked with diphtheria in 1857. Such is the testimony of medical writers.

The following is an English classification of daily combustible matter and it shows upon its face the vast differences in composition to the diet of the nations we have mentioned.

We believe the list was taken from a public institution but it does not change the fact the articles are those which enter largely into the daily life of the English people.

"Classes of food taken by a healthy person daily. (Church, page 5, Art. Food.) Bread 18 oz., butter 1 oz., milk 4 oz., bacon 2 oz., potatoes 8 oz., cabbage 6 oz., cheese 3½ oz., sugar 1 oz., salt ¼ oz., water in tea or coffee or beer 66½ oz., weighing 6 lbs. 14½ oz.; that is to say, a healthy person was supposed to live on this amount daily."

It now becomes an important question to ascertain in what respect the "combustible matter" taken into the human system, as food, differs in the latitude named where the diphtheria exists from the countries where there is no diphtheria.

Evidently, bacon, meats, oils, butter, milk, rice, wheat, rye, barley, oranges, pine apples, dates, figs, bananas, yams, bread-fruit, clams, fish, tea or coffee, wine or liquors do not tend to produce

the disease, since by examination into the countries where the variously constituted natives eat these articles in excess, and live upon them, we do not find the disease. We have thus brought our examination down to the fact that the CAUSE lies in one or more of the combustible materials *used as food*, and that these combustible materials used as food and also the disease is between 20 degrees north and 60 degrees north latitude.

If this cursory examination be correct we have advanced a step toward eliminating the primal cause, since latitude or climate, worse or better, hotter or colder, with more or less dryness or moisture do not produce the cause we are considering. Hence our first proposition—that diphtheria does not arise from climate or soil, but from some article of diet, and that these articles of diet or food must be sought for in the same latitude where the disease exists, viz., North America and Europe.

**EXUDATION.**—If the exudation peculiar to the disease now under consideration, were exclusively confined to the throat, it might be concluded that diphtheria is a throat disease. But we have already seen that it is not a fact, as the exudation is liable to appear upon any portion of the body, especially if the mucous surface be broken or abraded. The peculiar characteristics are the same wherever found, viz., rapid reproduction, and a tendency to putrefaction.

The rapid reproduction is explained, by stating that the cause or basis, or the excess, causing the exudation is the same in one portion of the body as another; and once an outlet for the escape of the effete body or material is found or opened, the Vital Power or Force sends the offending matter to the outlet.

The “false membrane” is explained, by assuming that the original basis was a material starchy, albuminous or fibrinous, and upon exposure to the atmosphere it COAGULATES, this forming a continued coating simulating a “skin,” or “wet vellum,” a false membrane or diphtheria.

The tendency to putrefaction, which is always present, will be accounted for on the theory that the exudation is of an albumenoid nature, since “putrefaction is the spontaneous decomposition of albumenoid or proteine and gelatine compounds when exposed to a limited amount of air.” But “all organized substances are decomposed in the atmosphere. When these do not contain nitrogen they are converted like wood, sugar and starch, into humus or a lower compound of carbon and hydrogen, or into ulmic acids.” (Ure. Vol. III, Page 527 et seq.)

If therefore the exudation is caused by any excess in the human



economy, and that excess be an albumenoid, or a proteine and gelatine compound, the moment it is exposed to the air, it will putrefy. *As a fact, when the diphtheritic condition is in view, putrefaction has commenced.*

Muspratt (Chemistry Vol. 1 Page 262,) defines albumen as follows:

"The latest analysis of albumen leads to the empirical formula, C 219. N 27. S 2. H 159. O 98., besides earthy and alkaline phosphates, without which it cannot exist."

"But how this is arranged is unknown." The exudation may not be strictly analbumenoid, derived or wholly from an albumen. Since we are not absolutely positive as to the transformations of food in the system to decide how, or to describe the chemical changes necessary to change a carbo-hydrate into albumen or analbumenoid body. We do know that a carbo-hydrate can be changed in the animal economy, into a hydro-carbon, but we do not sufficiently understand the process. We will now trace in a general manner, the cause and nature of an exudation.

The VITAL POWER OF FORCE which controls the involuntary motions of the human economy calls, or makes known to the SENTIENT part of the bodies, the necessities for its well being. In other words, hunger, thirst, etc., are forced upon the mind. In Greenland, Kamschatka and some parts of northern Russia, the appetite demands train-oil, blubber, warm blood, candles, fats and quantities of spirits. (Oils and fats are called *hydro-carbons*.) In those countries, the food named is useful, necessary, wished and demanded by the appetite, even those who had always previously lived upon a varied and vegetable diet. (See Kane's Arctic Regions and Russian Travelers.) No evil resulted from their continued use while living in an Arctic climate. But when these articles of Esquimaux diet or even when fat pork eaten by men in a warm climate or in the torrid zone it causes them "to die like sheep." A fatal disease carries them off in a few hours and to every railroad tie laid, you may count four dead men." (History of the Panama Railroad.) Those living on the Equator need only to eat fruit: on the contrary, to live on fruits in the Arctic regions is impossible. The reason acknowledged by chemists and physiologists is because a greater heat of the body is necessary in the colder atmosphere of the North and this greater heat is gained by the combustion (i. e. digestion and calorification) of the oils and fats taken as food. In a temperate latitude among intelligent people, the diet is supposed to conform to the varied seasons and climates. Hence we have buckwheat cakes in the winter, but not in the summer. Fruits, greens, vegetables and less meat in summer and "heartly victuals"

in the winter. Butter or cream eaten in the summer will cause an eruption on children, if in excess to the requirements of economy or the demands of the growing body; and a writer suggests that "pimples on the face are coupons to buckwheat cakes." These eruptions can only arise when the combustible matters are not oxygenized or burned up in the body and when they are in such excess that the Vital Force throws the excess to the surface. Hence the pimples.

We will now examine the classes of food from whence an exudation through the mucous membrane is most commonly derived. Dr. Draper, than whom there is no higher physiological authority, makes the following classes. (Human Physiology, 1870, page 28.)

1st. Carbo-hydrates, or compounds in which carbon is united with hydrogen and oxygen, their proportion being that for forming water. Starch, sugar, gum, cellulose are examples.

2d. Hydro-carbons, containing unoxxygenized hydrogen, as oils, fats and alcohol.

3d. Albumenous bodies. These contain nitrogen, albumen, fibrin, casein as examples.

4th. Salts. Any classification of food articles which does not contain this group is imperfect, for salts are not only absolutely essential to organic processes, but also to the construction of many tissues. As an example of the former case the chloride of sodium may be mentioned, and of the latter, the phosphate of lime.

Let us look at these classes and examine which one is necessary for us to select as the cause of diphtheritic exudation.

We must select an "albumenoid," because we have to account for "putrefaction" and "albumen in the urine," which are symptoms in diphtheria.

Also a carbo-hydrate to account for the toughness of the "false membrane always present in diphtheria.

We reject the hydro-carbons as factors in the true diphtheritic exudation, and also salts, as we have already seen that fats eaten to excess in high latitude fail to produce diphtheria or exudations of fauces, putrefactive and tough. This is because they are easily oxydized or burned in the body. Let us carefully examine the position at this time.

WHERE IT IS.—North America from 30 degrees north to 60 north latitude.

In Europe from 62 degrees north latitude to 18 degrees north latitude.

In the Northern States, above 28 degrees, it is most fatal.

In New England, New York and Pennsylvania and the Western States especially.

WHERE IT IS NOT.—China, Siam, East Indies. (See exceptions on page 633.)

Islands of the Pacific, Patagonia, Brazil, South America (except Peru), Africa, Central America, Yucatan and above the latitude of 60 degrees north.

A LIST OF FOOD, SOME OF WHICH MUST BE FACTORS OF DIPHTHERIA.—Apples, cherries, berries, pears, plums, grapes, cabbage, beets, carrots, cauliflower, melons, tomatoes, wheat, rye, barley, buckwheat, Indian corn, artichokes, arrow roots, sorghum, potatoes, pumpkins, squash, radishes, spinach, cheese, milk, eggs, fish, oysters and clams are indicated as being the food common to our required latitudes, and some of which must be the factors of diphtheria.

A LIST OF CLASSES OF FOOD NOT PRODUCING DIPHTHERIA.—All fruits of the tropics.

Oranges, olives, bananas, pawpaws, pineapples, figs, yams, dates, persimmons, tamarinds, etc. All sugar and rice. All meats; for the most greedy flesh-eaters in the world are free from throat disease. Alcohol, liquors, oils, fats, acids, condiments, tea, coffee, tobacco, opium and hasheesh, however detrimental an effect they may have in other respects upon the body and mind, cannot be producers of diphtheria.

Of these named, apples, cherries, berries, pears, plums, grapes, tomatoes, sorghum, radishes, Indian corn, spinach, melons, artichokes, and arrow root must be dismissed from the list, as children have been known to have and die of diphtheria who never ate them or never saw them. We have left, cabbage, beets, carrots, cauliflower, wheat, rye, barley, buckwheat, potatoes, cheese, milk, eggs, fish and oysters.

From which of this list shall we select that most probable, if eaten to excess, to produce an albumenoid?

Eggs, milk and cheese.

We must add a carbo hydrate. Potatoes, buckwheat, barley, rye and wheat.

Gelatin—fish and oysters.

It becomes a matter of interest to learn whether this would agree with the food commonly eaten in the latitudes already named.

Upon what are these diphtheritic children fed who die so fast in America of the disease diphtheria?

They are fed upon wheaten bread, a little meat, a great many

potatoes and an abundance of pastry, containing cooked milk and eggs.

If the reader agrees he will decide that the "albumenoid body" is found in the food named, which comprise always the food upon which the diphtheritic patient lived.

But we must throw out eggs and milk, as these articles are staples of food where there is no diphtheria.

We must exclude meat, as meat by itself has never produced diphtheria.

Milk as the factor of diphtheria must be excluded, since milk drinkers in other countries than America do not have the peculiar disease diphtheria.

But, if milk is taken from cows who have been fed on potatoes, or cows who have been fed on silo cured corn, we can have a disease resembling diphtheria—membranous croup—and such milk will have the patients ready for diphtheria.

Pastry (which may be defined as poisonous compounds of sour milk, rancid butter or the cell-destroying lard, combined with the usual brain-rotting baking powder and superfine flour, sweetened with corn starch and sulphuric acid which are components of American sugar) must be thrown out from our list, since many children in the west as well as in the New England states have been known to die of diphtheria who were not fed upon much pastry, and we are reduced to *an excess of starch food furnished principally by the Irish potato!*

Objections to this mode of solving the problem of a disease may be replied to by stating that disease is from some cause. The cause exists in some one of three conditions: Air, water or a combustible material as food.

The food must be used to an excess to produce this exudation, and grave constitutional disturbance.

The food must be in latitude of diphtheria, and when found must be proved to be capable of producing the symptoms and conditions necessary to the disease. One article of diet may not be able to produce this disease any more than charcoal or nitre produces gunpowder. But one article of food may be a necessary factor to the disease; and it may be that it could not exist without said factor any more than gunpowder can be produced without all of its constituents. Diphtheria is not a bird to fly down one's throat. It is a condition of the system. We contend that this condition is brought about by an excess of one or more kinds of food. That this food must be common wherever the diphtheria prevails, and must be as common an article of food as diphtheria is common as

a disease. Moreover, it *must be of itself* capable of having *all the innate properties*, which, when used as a food *in excess* will account for all the symptoms and all the differences of the disease which we call diphtheria.

Here it is proper to meet another objection which has been stated, viz: that if potatoes caused diphtheria why did not some one find it out before now? The reply is this:

Persons who believe potatoes are a good food, usually have read very little. Doctors and physiologists may recognize a fact, but it may not be profitable for them to be exposed to the popular clamor. Besides, too many physicians of every school have never paid any attention to the causes produced by changes of food, and they do not know and do not care.

But wiser men than the writer have noted that different kinds of food produced different diseases and among other great observers of human life we produce Hippocrates as an example; 400 years before Christ he wrote:

"Those who came from Ænus who ate leguminous food, whether men or women, became infirm in their legs and so remained. And those who ate vetches and tares complained of pains in the knees," (Coxe Epitome) which may be understanding as indicating that those who ate such food in excess were ones who suffered.

Although Hippocrates did not tell us why those vetch eaters complained of pains in the knees, we presume no one would deny that there was *an active principle* in the vetches *causing* these conditions of body, viz: "pains in the knees" of the people eating them.

Why then should we not decide that those who eat potatoes in excess are subject to diphtheria, and those who do not eat potatoes never have the diphtheria, never have any exudation of false membrane; never that "acute specific disease" which so dreaded and so fatal. The time when we should not assert that this article of diet when eaten in excess is a producer of diphtheria is when we learn of a case of diphtheria in a person who does not use potatoes as food; and, as previously asserted, the reason why they do not always produce the disease is because they are not always used to an excess or because of other peculiar conditions of the system which we shall shortly discuss.

**Causes.**—If we examine the food, habits, air and surroundings of different nations or individuals who have national or local diseases, we shall find that every disease is produced by a specific cause, and it *is to this cause* that the malady may be rightly attributed. Goiter is an example.

All diseases are certain conditions of the animal or mental organization, and these conditions have a cause for their existence.

The eruptive diseases, as measles, scarlatina, smallpox, etc., are caused by a direct contact with a specific poison, each following out its own laws of incubation and all other peculiarities well understood by the medical profession.

Diphtheria, typhus fever, scurvy and a very large class of other diseases are conditions of the system produced by the air, water or food not being in accordance with the natural laws to preserve health.

No condition simulating diphtheria has ever been produced by air or water, however putrid or bad, unless there were grave constitutional disturbances caused by the combustible matter taken as food. Please put a pin here.

The cause of diphtheria and the specific contagion of scarlet fever and diphtheria which we find described as "Malignant Scarlet Fever and Putrid Sore Throat, in 1825 (New England Journal), was probably because the people of New England *fed their children largely on the Irish potato*. (And the writer begs to impress on the reader's mind the fact that the *sweet potato of Louisiana* and the Southern States never produces any disease as *diphtheria*. Moreover the negroes of the South, who live on *sweet potatoes*, with occasionally an opossum or a coon, never have that peculiar throat disease now under consideration.

The sweet potato contains sugar enough to render it a whole some and nutritious article of food.

The same causes which produce typhus fever (foul air and poisoned water,) joined with the cause which produces diphtheria combined, provided the food is wrong as well as the water or air.

Thus it will be seen that any disease or condition may be joint with diphtheria and produce modifications or combinations of the disease which we call diphtheria provided the other adjuncts are in a suitable condition to this wrong or diphtheria food.

This proposition that some diseases are caused by food, others by malarial influences, or miasmatic air and impure water, is not original or recent; it is reproduced now to oppose the idea that a disease can exist without a cause. This cause exists where the diphtheria prevails.

It cannot be water or air, since there may be only one diphtheritic person in a family, which could not occur if air or water was the cause. The other requisite of mans' existence is combustible material. The food used is the combustible material we must examine.

If we examine the food used in diphtheritic latitudes which differ from others in latitudes where there is seldom or never a case of diphtheria, we shall find the Irish potato as the distinctive food. The one eaten in excess.

Should we examine the food eaten to excess in localities where the diphtheria is most prevalent and fatal, we shall decide that potato is the food of all others eaten as a continuous article of diet.

If we are more particular in the examination of every case of diphtheria, we shall find that in every case of diphtheria, which appears sporadically, we have an excessive and a continuous eater of potatoes.

If we examine our previous conclusions drawn from the putrefactive tendency of the exudation, we must conclude that the albumenoid body in excess, and forming the basis or cause of the exudation, with the peculiar smell which we have in this disease with swelling of the glands, and rapid reproduction of the false membrane, was acquired from food. That food was milk, eggs, bread, fish, meats, pastry and potatoes, principally and continuously, potatoes.

The continuous and excessive use of eggs or milk as a diet for children will predispose to, or cause croup, and this fact is unknown to many writers. The fact should be drilled into every parent's head that an excess of albuminous food (Eggs especially), causes that death producing Membraneous Croup. The *croupous* form of diphtheria is where the child has been an egg eater as well as a potato eater, and it is to be noted that this form of diphtheria is very generally fatal.

In bringing our facts to bear upon a cause, we have not forgotten that we have condemned the Irish potato as the food causing diphtheria and it becomes a duty to examine this most common article of diet.

Potato, which is a name from the Spanish of "batata" (a sweet potato) is a tuber of the root of the *Solanum tuberosum* and being of the family *Solanaceae*, is classed with tobacco, stramonium, henbane, belladonna, etc. The potato was a wild plant of South America and was probably early introduced into Spain from Quito, although nearly all the writers attribute its introduction into Europe to Sir Walter Raleigh in 1586, from the colony of Virginia.

It is asserted that the main value of the potato as a food lies in its being full of *starch cells*.

The following table showing the constituents of different kinds of potatoes is from Ure's Dictionary, page 743.

(The persons who are students, desire, if they desire anything,

to have the truth concerning the CAUSE of the disease which the doctors say is from a germ. If the germ exists which causes Diphtheria (according to the doctors), it would be as liable to take the weak as the strong, and those who have no appetite as well as those who have an appetite. It will be found that the appetite for potatoes precedes the disease in question. And we say there will NEVER BE FOUND a single case of Diphtheria where the person has not been a CONTINUOUS EATER OF STARCH FOOD. This is our assertion and we have seen the disease in question for thirty-five years.)

	Starch	Fibrous Parenchyma	Vegetable Albumen	Gum Sugar Salts	Water
Red Potato	15.0	7.0	1.4	9.2	75.0
Germinating	15.6	6.8	1.5	3.7	73.0
Kidney	9.5	8.6	0.8	—	81.3
Large Red	12.9	6.0	9.7	—	78.0
Sweet (?)	15.1	8.0	0.8	—	74.3
Peruvian	15.0	5.2	1.9	1.0	75.0
English	12.9	6.6	1.1	1.7	77.5
Parisian	13.3	6.8	0.9	4.8	73.2

Vegetable fibrin is composed of that portion of cereal plants which is insoluble in alcohol.

According to Pohl the starch in a potato whose specific gravity is 1.123 amounts to 24.14, or very near one-fourth of starch. In the potato whose specific gravity is 1.090 the percentage of starch is 16.38, or about one-sixth of the substance. According to Letheby the starch is 19 per cent., and Payer says 20 per cent.

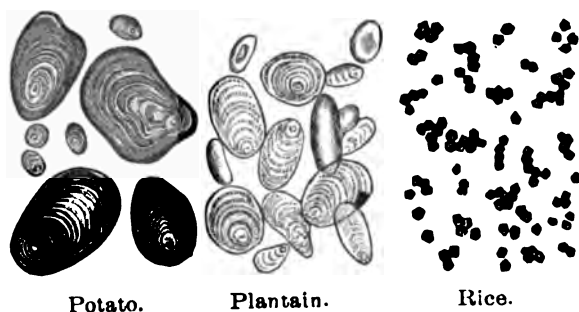
Digestion then is the next process after eating. To digest starch requires an acid. This acid comes from the saliva, from pancreatic fluid and from intestinal fluid. Dalton says, (page 60): "The contact of human saliva or the intestinal juices at 100 degs. F. rapidly transforms hydrated (hydrated means watered) starch into sugar. This transformation is arrested in the stomach by the action of the gastric juice, but as soon as the pancreatic juice is brought in contact the process of turning the starch into sugar is resumed to be completed in the intestines." Dalton (page 175) asserts that, "The pancreatic juice has the power of transforming starch into sugar. This action takes place with great rapidity at the temperature of the living body."

Kirke (page 347) says: "The starchy or amyloid portions of the food, the conversion of which into dextrine and sugar was more or less interrupted during its stay in the stomach, is now acted upon briskly by the pancreatic juice and the *succus entericus*, and the



sugar as it is formed is dissolved in the intestinal fluids, and is absorbed chiefly by the blood vessels." If these authorities are correct, it is the acid in the pancreatic juice and the intestinal fluids that transforms the starch into sugar. And if these organs do not contain acid, the starch of the potato remains unchanged in the system, and this is the fact that explains the cause of diphtheria; the cause of *American catarrh* and the cause of certain weaknesses in women.

Fig. 86.



Potato.

Plantain.

Rice.

Showing the comparative difference of starch atoms.

Many persons never give a thought as to what is coming next into the stomach. We contend that as the starch atom of the Irish potato is larger in proportion than any other vegetable, so it requires more acid to change it into sugar. But the parents who feed their children on the potato, seldom or never think of an acid. And the doctor does not care.

Let any parent think that the food containing one-fourth pure starch requires a certain amount of acid to transform it into dextrine, and another certain amount of the same acid to transform the dextrine into sugar. It, the starch, this potato starch, must be transformed before it can be assimilated. The starch, after daily, weekly, monthly calling or demanding more acid to digest or transform it into sugar, comes to a day in which the pancreas replies "no acid on hand because no acids have been furnished the body."

What then? The starch remains starch and is passed into the system as starch cells and the potato eater is filled with undigested starch. It must have an outlet. It goes to the liver as glycogen, animal starch. It goes to the lymphatics as lymph, impure, starchy lymph. It passes into the heart as starchy atoms. Through the lungs as starchy atoms and clogs the pores of the skin with starchy atoms, fills up the nose, so that children of the larger growth have a foul discharge they call catarrh. Catarrh! Why catarrh is the name for this nose and throat discharge of undigested starch. One day this discharge comes to the surface in the throat and when nature throws it to the surface we call it exudation. Bacteria and micrococci hatch in it and breed and it becomes "horribly offensive." The undigested starch goes into the kidneys and comes out "ALBUMEN IN THE URINE." It forms a ball of starch and is called HEART CLOT. This starch undigested is

spit up, burned off and "rapidly reproduced," because the entire body is full of undigested starch. A writer, (Reiter) says diphtheria is caused by Fibrin. He should have said potato starch. The peculiar tenacity of the false membrane is due to its starchy basis. "Fibrin has been analyzed by a great many chemists, and the results have not been sufficiently in accordance to lead to the conclusion that it is a homogenous substance, It appears to vary in composition according to the source from which it is obtained." (Watt's Chemistry.) The potato is the diphtheritic factor, because it is the only factor that contains one-fourth starch and neutralizes all the principal acids of the body.

The first objection that strikes the average boarder is, "oh! look at the Irish, they live on potatoes." Yes they do, but they eat a nitrogenous substance called cabbage; they boil them together, in a pot and call it Kol Cannon. They also drink buttermilk which contains an acid, but the children in New England and the West are not so fortunate as the Irish, as they are fed upon pork gravy, biscuit and sweet milk and because they do not get acid enough, the starch is undigested and diphtheria follows. Even the peculiar characteristic odor of diphtheria can be traced to the starch of potato (See Dalton, page 57.) "The starch obtained from the potato, however carefully prepared, retains in connection with it, traces of an odoriferous principle which makes it less valuable for culinary purposes than many other varieties."

Nor do these statements conflict with the statement that the diphtheria or a disease similar to diphtheria existed B. C. 400, Excesses of certain kinds of food were as liable to produce disease at that time, as now. Even the Israelites ate too much of a certain kind of food and became sick. Putrid food and filthy air and water provokes typhus fever. The Greeks may have lived upon one article of food until that food or the constituents of the food were in excess in the body. Hence when the wife of the blind man became sick she spit up an exudation, the liver swelled, (Hippocrates) and she died the twentieth day—about the time a robust person would have died of diphtheria. If her liver swelled she had an excess of glycogen—animal starch—and she had been eating an excess of starchy food and did not have acid enough to transform the starch into sugar. Although rather late to hazard a suggestion, yet, if in our opinion, Hippocrates had dosed the blind man's wife with acid enough to transform all the starch into sugar, she might have recovered.

As Menander's wife knew nothing of the carbo-hydrate potato, (which was not introduced into England until 1856, although known

in Europe some years before,) we may decide that, if a disease similar to diphtheria existed 2400 years ago it was then, as now, caused by an excess of starchy food, since it would not alter the general symptoms of an exudation, or grave constitutional disturbance provided the starch, vegetable-albumen, and the fibrous parenchyma were in similar proportion to our potatoes, and were eaten to an excess. It is the continuous diet upon one article and that article a starch, that causes the liver to swell, the grave constitutional disturbances to be present, and causes also, a condition of the blood which precedes swelling of the glands, and a transudation of coagulable material that is called an exudation

In a work published in London 1862, Dr. Pavy proved that a diet upon vegetables increased the animal starch in the liver from 7 to 17 per cent. and that the weight of the liver is greatly increased by a diet of starchy foods or a diet of meal, bread and potatoes. While the person or animal eating meat or tripe has very much less animal starch, and the liver weighs less. Persons or animals fasting, have the animal starch reduced to a minimum.

The entire argument against the Irish potato as a food is because it contains a peculiar starch. And even if the writer would acknowledge that potato is a healthy food, which he strenuously denies, then the necessity for acid to transform that starch into dextrine and sugar, exists. That acid is finally used up by the excesses of starch and the undigested starch remains in the body to cause catarrh in the grown person and diphtheria in the children; and the reason, and the only one adduced by any writer now on earth that will stand criticism, *why* one child has the diphtheria and another does not, is because one child has more acid in its body than the other. And it will be found in a family where three children have died out of five, that the two living children were more fond of acids and the three dead bodies had been fond of sweets. Starch with an acid, turns to sugar.

No one knows from experience better than the writer how distressing it is to break off these food habits, but my dear father and mother, you may depend upon it, that as long as your child is an eater of Irish potatoes it will be in danger of the diphtheria.

These are facts, possibly new, but they will bear your closest scrutiny. If a person takes brandy to an excess, the red nose is designated as a "brandy nose."

The clay eaters of North Carolina are protuberant in the abdomen, and are nicknamed "clay bellies."

An animal fed exclusively upon any one diet is liable to die of inanition. If a bird be fed upon oil, the oil will finally exude through

the skin and feathers, and the bird will die from lack of proper nourishment.

When a person eats an excess of sugar, or saccharine matters, there is an excess of urine.

An excess of starchy food with a fried compound, causes an exudation in the form of pimples on the face.

Apples, containing any appreciable quantity of acid, if eaten to an excess will produce an excoriating, watery and itching exudation upon the surface. An excess of cider will cause sore eyes.

One of the reasons why the diphtheritic exudations appear oftener on growing children may be because the liver is larger in proportion than in adults, and because they consume more starchy foods, and because they cannot so readily assimilate these starchy foods as adults, on account of the deficiency of saliva and pancreatic and intestinal fluids containing acids, and without which the starch remains undigested in the body, a cause of disease.

The name of Egypt and Syria are suggestive of the origin of some of these diseases. In absence of any testimony we may suppose that the *Malum Egyptiacum* was an Egyptian malady and produced by some excess of food specially attributed to Egypt, caused by some disease of structural change of the grain raised in that country, and that grain may have been the barley or hordeum which contains 70 per cent. of starch, in which case the peculiar throat disease called diphtheria now, and then called *Malum Egyptiacum*, was produced by an excessive and continuous use of starchy food without a sufficient acid in the body to transform that starch into sugar.

In the same manner we should account for the excessive and fatal cases of diphtheria in and around Odessa, Russia, where many thousands "died of diphtheria." It was not in any sense a disease of water or air, but of food, as the principal food was barley bread containing an excess of starch, and a continued diet upon this or any other starchy food deranges the entire system and ends in a disease. If, however, they had eaten an acid of a nature suitable to assist in transforming the starch into sugar, these Odessa diphtheritic patients would have recovered, or there would have been no diphtheria.

This fact also accounts for the special fatality of the disease in some families. Some mothers used soda in bread, in biscuits and all kinds of cakes. They also use a BAKING POWDER which is composed of dry alkali (potassa or soda) with a dry acid. But the basis of all these baking powders is an ALKALI. These alkalies when taken into the stomach as food neutralize the natural acidity

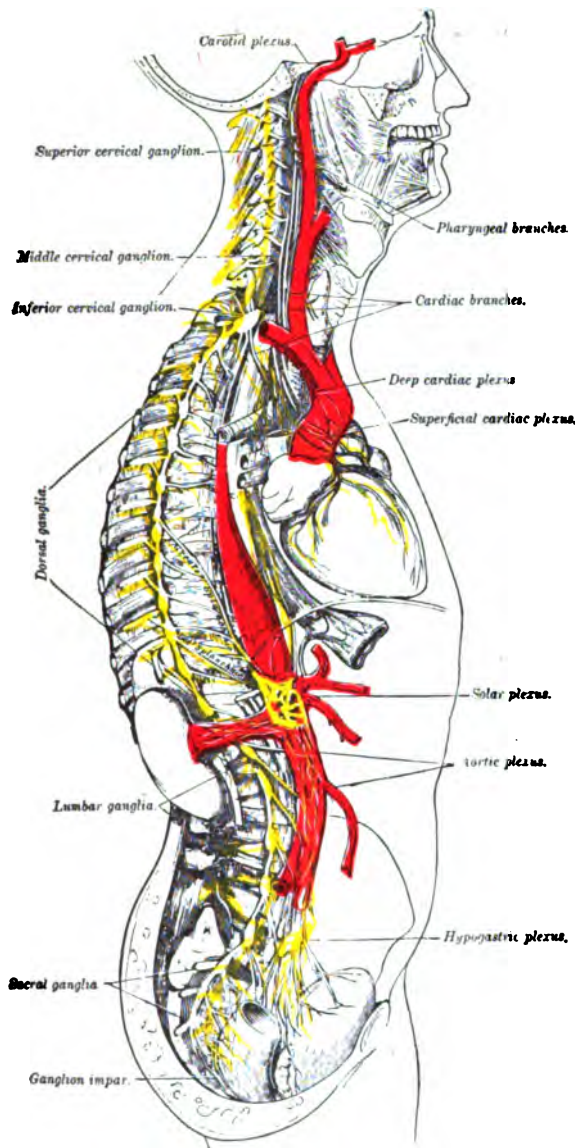
of the intestinal fluids and render them still less able to perform their task of transforming starch into sugar. And the time comes when nature, demanding a settlement for having disarranged her fluids, secreted for the purpose of digesting this starch, turns on the alkali eater and gives him as a penalty for broken laws, *undigested starch!* And then it is that undigested starch in excess causes the fatality of the children, whether Diphtheria, Croup or Liver Trouble.

It is this change and variety of food that causes all the difference in the symptoms of different cases. The difference in the different types of diphtheria is because of the age of the child, the liver is larger in proportion and because of the length of time the child has eaten the starchy food and the quantity of acid it has swallowed, governs the state of the body and the quantity of undigested material in the body.

Thus, we may be assured that if a child drank lemonade each night it would not have the potato starch disease, diphtheria, as severely as the child whose supper was composed of soda biscuits milk from a cow drinking an alkaline water, because the lemonade being acid turns some of the starch into sugar.

I remember that the most eminent lawyer in the city of Lincoln told me that my theory of diphtheria would not hold in Crete, Saline Co., Nebraska. I visited Crete and went personally to many houses where they had had diphtheria and it had been fatal. The reason why, did not appear plainly and I was much puzzled. I am indebted to Mr. Calkin, of Pleasant Hill, for calling my attention to the proper cause of the difference in the mortality among the children. In Crete and in many places the water from the wells is alkaline, more so in some wells than in others. In proportion as the water destroys or neutralizes the natural acids of the body, thus rendering the drinkers of water that is alkaline more easy victims of starch food than those who drink water nearly pure.

One of the reasons why the New England people have lost children by diphtheria, is because of their universal use of soda in their cookery. Soda in their doughnuts, in their cakes, cookies and goodies of all sorts; and the reason why rice eaters of Africa and the East Indies do not suffer with diphtheria, is because the rice eaters have no soda to use and they eat acid fruits, thus furnishing an abundance of acid to transform the starch of rice into sugar. In addition to this, the potato has a different kind of starch cell from rice; of course to many persons, starch is starch, but the potato starch is inferior to all others. There is also a difference in the amount of fat in all the articles eaten, thus: The



We call the attention to the student to the continuous arrangement of the Spinal Cord and its numberless ganglia.

These ganglia, as we have suggested already, may be reservoirs for storing up material for use in the white matter of Schwann or the insulating material that is to go round the nerves. We esteem this one of the most important illustrations that is in the book, because that at a glance it will be seen why any sexual abuse or any sexual impurity draws away at once from the entire spinal cord, and therefore when paralysis is the result of sexual excesses or impure habits, which may not be named here, the entire spinal cord is a sufferer.

Any person with a limited amount of experience will know how readily the heart sympathizes with any excess or indulgence. The only way to keep one's body in the best of condition is to be absolutely pure in word and thought and deed, and it is as plain and certain as dark follows daylight, that any excess from any portion of the body would eventually ruin the spinal column.

Ignorance of these laws concerning the body does not prevent the penalty from coming upon us. To supply these nerves with starch, when they demand oil, and to allow our bodies to remain clogged, when we should have them cleansed, is a matter which will bring its reward or penalties, no matter whether we understand them or not; but, then we come to the inevitable refrain, "The wise shall understand."



absolute quantity of fat in 100 parts of potato is only eleven one-hundredths, according to Payen, while in barley it is 2.76 per cent. and in rice the fat material is .07. The difference in the quantity of fat and the size of the starch granules could make very little difference in a healthy body, but in a body weakened by excess of starch undigested, these differences would account for many differences in the symptoms of various observers of the same disease.

It would seem needless to multiply instances of the effect of food upon the body, especially of children, or to state that improper food produces, or becomes a factor of disease, yet, there are hundreds of good people who eat pork, potatoes, soda biscuits, vile pastry made with a poisonous baking powder, and wonder that their children are sick. And the doctors, the great and wise, the pompous, self assured regulars, who write volumes of learned stuff about the symptoms and the appearance of the body after death, have not a word to say in relation to the food that is constantly producing these insidious diseases. For a fact of this kind examine the profuse work of Morrell Mackenzie of London, and in fact all the medical writers up to date.

Every one in the west is aware that it is a very difficult matter to raise a child upon milk given by cows which drink a salt or alkaline water, or on milk from cows fed on grass grown on alkali soil, yet this has never been published, and the new comers into Kansas and Nebraska, lose a child or two before they find it out. It is most probable that in this case, the milk forms an albumenoid body that clogs up the action of the liver and kidneys. And possibly the reason is as we have before stated, the *alkali* neutralizes the natural *acids* of the intestines.

In the writer's experience, the excess of Irish potatoes used as food has always preceded a case of diphtheria. But effects of an excess of food consisting of eggs, pastry (cooked with eggs, milk, fat, an unknown baking powder) are in some respects to be equally dreaded as an excess of potatoes. Why it is so, the writer has endeavored to explain. Underneath all experiences, there is a law, which, if understood, would bring the facts into harmony with results. Why a rapid "reproduction of membrane" should obtain in the human subject that has been a voracious potato eater is perhaps not as satisfactorily demonstrated as we could wish at this date, but neither could it be absolutely proved how, or why a *Bovista giganteum*, a puff ball, can in a single night, develop from a mere point, to a size that contains over fifty thousand millions of cells, (Draper, Page 88) but it is according to a natural, chemical,



physical and physiological law, and it is a FACT. And the facts exist. And diphtheria is a fact. The fetid breath, horribly offensive, rapid growth of exudation (development of cells in the villi.) death from apparent blood poison, or asphyxia, is another solemn and a heart-breaking fact.

What we are writing this for, is to show you how to guide yourself by these facts as they are, and not get into any trouble because of them. If we are right in our investigation there never will be another case of Diphtheria where this book is read and its knowledge heeded. If we are right, then there will never be any more difficulty about knowing how to prevent every child from having any throat disease and how to avoid anything like the catarrh or any other kindred sore throat diseases. This is why we write and we know we have the cause or causes just ahead of us and do not have to delve any more into what some of these former writers may have asserted, but we will get at the present living and breathing facts which we bring to your eyes with every assurance that you are as interested as we are, in this matter.



Fig. 87.

Vertical section of testicle, which also shows arrangement of ducts. *a*, Tubes for the semen, (tubuli seminiferi). *b*, Tubuli recti or straight tubes. *c*, Rete testis. *d*, Vasa efferentia. *e, f, g*, Convoluted canal of the epididymis. *h*, Vas deferens (the canal through which the semen passes to the seminal vesels at the base of the bladder). It is in this testicle that the future child is elaborated. First in bundles, next in filaments, lastly when they pass up to the vessels holding semen at the base of the bladder, they become fully elaborated spermatozoa.

Before we go any farther, we esteem it necessary for every parent to have an understanding of the force that is in the child. We have given much time in the early part of this book to this vital force and brought up, what in our minds, are irrefragable proofs of the existence of this force. And with this subject of diphtheria still before us, we desire to make a very brief statement of where life is from. We desire to state, and we think the proof is sufficient that there is no possible life or force without that force has been transmitted from some pre-existing force. Thus, in the case of the acorn, we have the tree. In the case of the onion we have the seed.

In the case of corn, we have the pre-existing corn and the germ (which is simply the place where the force dwells or the cell or aggregation of cells where this force may dwell), and in all the

human as well as the animal race, we have the same series of facts before us, namely:—That the force has always been in existence. We still speak of diphtheria and we state that the force which builds up the human body—before it enters that human body, is in the loins of the father and in the testicle. From there it comes out first in minute bundles, and next in what are called spermatozoa. And when these spermatozoa are nourished and taken care of for 280 days in the human they become beings like the parents.

Now it does not seem necessary for an author of a medical vol-

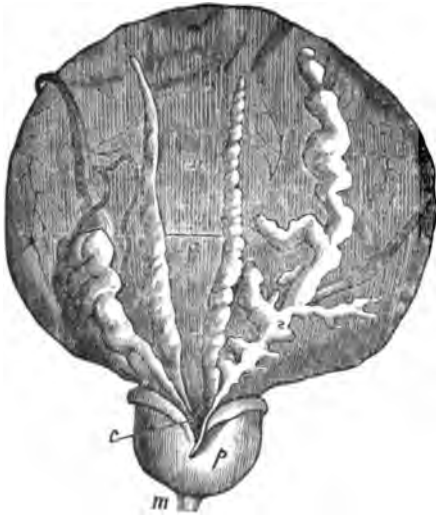


Fig. 88.

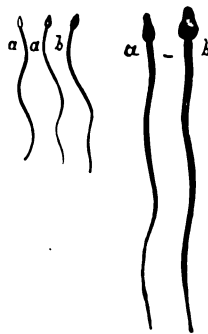
C. Cowpers Gland. P. Prostrate Gland. Showing the Seminalis Vesiculæ or the Semen reservoirs at the base or underneath the Bladder.

We are after the causes of death from the condition which is called Diphtheria and which is so fatal and so devastating when it appears as a scourge.

We endeavor to show that this life which we have, comes from the father and his life came from his father and so on back until we come to "Adam who was the Son of God." If this is once understood, then much of this mystery which is attached by physicians to what they term disease, will be gone.

For instance, if a child is of weakly parents and is under the influence of improper food, there is every reason to think this child will be weak in its make up. Then, if it has this excess of improper food in its system and which cannot be changed by any acids which are in it, then we can have the condition which is called Diphtheria, and with this we can have a very weakly body on account of the condition of the parents at birth, or before, and we will be liable to have a fatal case.

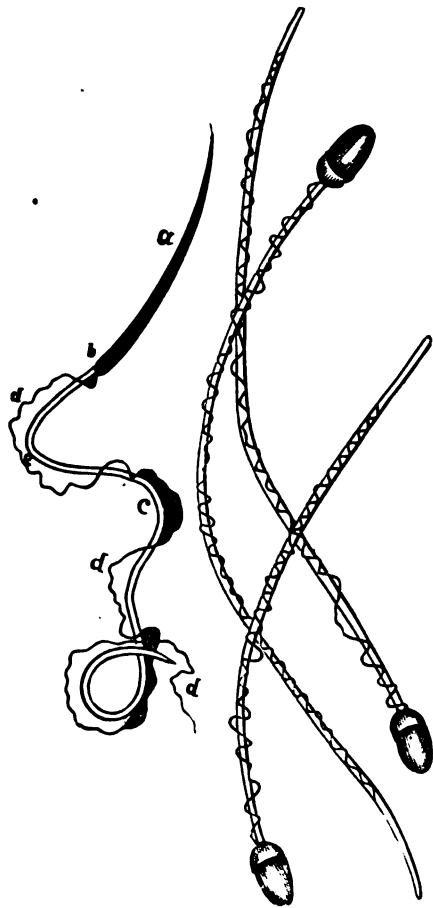
Fig. 89.



Spermatic filaments from the vas deferens, human spermatozoa. *a, a*, Seen from the side; *b, b*, As seen from above; *x*, magnified 350 diameters; *x*, Magnified 800 times. (after Kolliker).

ume to make these statements or to waste any time in endeavoring to prove what in our mind, is so plain, so simple, and so well established to any reasonable person. But, as we are speaking about diphtheria, it seems necessary for us to have this point established before we proceed with the solution of the diphtheritic problem.

Fig. 90.



*z*, Spermatozoon of *Salamandra Maculata*, mounted in glycerine, magnified 950 times; *a*, the filamental tail; *d*, the head; *z*, human spermatozoa, magnified 2,500 times.

The idea will be in the intelligent mind when they read these assertions. Does anybody deny them? We state most positively that they not only deny them, but they assert to the contrary, that all our force and energy comes from the sun and on page 44 of Landois and Stirling's book, it states that:—

“A SO-CALLED ‘VITAL FORCE,’ AS A SPECIAL FORCE OF A PECULIAR KIND, CAUSING AND GOVERNING THE VITAL PHENOMENA OF LIVING BEINGS, DOES NOT EXIST. The forces of all matter, of organized

as well as unorganized, exist in connection with their smallest particles or atoms.

As, however, the smallest particles of organized matter are, for the most part, arranged in a very complicated way, compared with the much simpler composition of inorganic bodies, so the forces of the organism connected with the smallest particles yield more complicated phenomena and combinations, whereby it is excessively difficult to ascribe the vital phenomena in organisms to the simple fundamental laws of physics and chemistry."

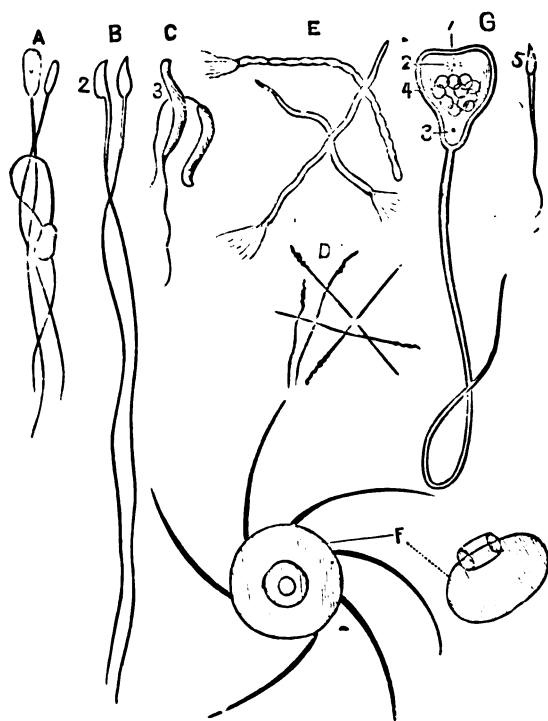


Fig. 91.

Different Forms of Spermatozoa.  
(after Muller.)

A, Spermatozoa of the dog; B, The common mouse; C, From a bird—Great Woodpecker (Wagner); D, From the water snake; E, Different view of the same animals; F, Bodies from semen of a crab (Siebold); G, Spermatozoa of a bear (Valentine); 1, Anterior margin excavated; 2 and 3, Dark spots regarded by Valentine as mouth and arms; 4, Number of circles Valentine thought these to be outlines of gastric apparatus or future liver.

In Fig. 91 is seen the beginnings of life as they appear in some other animals and birds, the object being to have the reader to fully comprehend that this "Life Power" is not spontaneous in man, and in birds, and in beasts. We are all *made* with the aid of the Vital Force, from the pre-existent germ of life

which has been given you from the male parent and nourished by the mother.

Now, it is not necessary for us to say that the writers of these text books are infidels, but it is necessary for us to say that this is the basis of teaching and that this is the text which is placed in the hands of medical students, and that these are the beliefs of the great majority of the medical men, and from page 43 of the same volume we quote the following to show that this school of medicine is wrong;

"Thus, there is a constant circulation of matter and a constant exchange of energy between plants and animals. All the energy of animals is derived from plants. All the energy of plants arises from the sun. Thus the sun is the cause, the original source of all energy in the organism, i. e., of the whole of life."

And, therefore, when we have quoted this and shown that these medical beliefs, that these ALLOS PATHOS school teachings, that all the life is "FROM THE SUN," the reader will see that we know positively that this school, while in its present condition as a doser out of minerals, only existed since the year 1500, and was found first in practice by Theophrastus von Bombast von Hohenheim. Yet, in its pagan beliefs, has existed since the times of Nimrod, and to-day we assert that the allos-pathos school is founded on the pagan superstition handed down from Nimrod and his white wife, Semiramis, (Isis, Horus, Seb.) and that with their beliefs in this medical school, the allos-pathos are endeavoring to be made as near to correspond with the old sun worship as is possible in this enlightened age.

And we further assert that the operations that are called "surgical"; that is, removing the ovaries from women, and others that are too numerous to mention, are only a part and parcel of the natural results of following out these pagan superstitions and falsehoods.

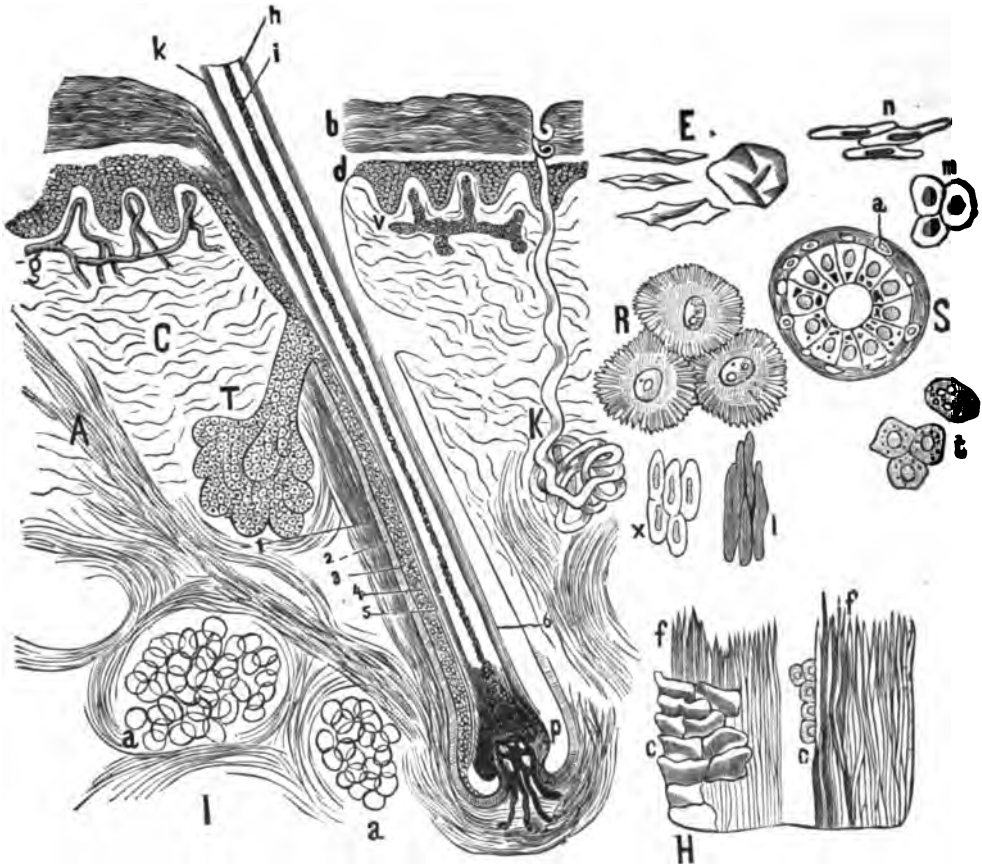
To bring this up to date, 1900, we quote from the Cyclopedia, under the article of "Diphtheria," that "diphtheria is an acute infectious disease caused by the Klebs-Loeffler bacillus and characterized primarily by local and secondarily by constitutional symptoms, the latter being due to the absorption of toxins produced by the growth of the bacillus upon the mucous membrane."

Now we state most positively that there is no truth whatever in this. And we shall go on to bring out proofs to sustain our assertion, so that each parent can always and forever keep clear of diphtheria. We have no hope of changing a sun-worshipping doctor.

We have investigated this matter with as much patience as it is possible for an American to have. And we have seen the stupid falsehoods and have witnessed with our own eyes the last fad that is in this pagan school—that of putting in what is called anti-toxin, or the anti-toxin serum, which is prepared by what they call the bacillus of diphtheria. To say that this anti-toxin serum is a total fraud, or is not true, would simply be to make an assertion. We state most positively that this serum has been known to kill a child within thirty hours, and that the only possible way in which it can do any good whatever would be to destroy the material, the corpuscle of the blood in which the vital force dwells. We state that there is no philosophy and no reason in this treatment whatever; that although it is recognized by boards of health and by the medical profession at large in the United States, yet it is entirely false

and erroneous and is based on a wrong idea of the cause of diphtheria.

Fig. 92.



Vertical section of the skin, with hair and sebaceous gland. *T*, Epidermis and chorion shortened. *1*, outer, *2*, inner fibrous layer of hair follicle; *3*, hyaline layer of hair follicle; *4*, outer root sheath; *5*, Huxley's layer of the inner root sheath; *6*, Henley's layer of the same; *p*, root of hair with its papilla; *A*, Arrector pili muscle; *C*, chorion; *a*, subcutaneous fatty tissue; *b*, epidermis (horny layer); *d*, rete malphigi; *g*, blood vessels of papillae; *v*, lymphatics of same; *h*, horny or cutaneous substance; *i* medulla or pith; *k*, epidermis or cuticle of hair; *K*, coil of sweat gland; *E*, epidermal scales (seen from above and *en face*) from the stratum corneum; *R*, prickly cells from the rete malphigi; *n*, superficial and, *m*, deep cells from the nail; *H*, hair magnified; *e*, cuticle; *c*, medulla with cells; *f*, fusiform fibrous cells of the substance of the hair. *x*, cells of Huxley's layer; *i*, those of Henley's layer; *S*, transverse section of sweat gland, from the axilla; *a*, smooth fibers surrounding it; *t*, cells from a sebaceous gland, some of them containing granules of oil.

**Solution of Diphtheritic Problems.**—We will now examine the disease under consideration.

When there is not a case of this disease within a radius of ten miles, a child of six years goes out to play. It comes in tired and wet. Perhaps it has a nap on the lounge. It wakes up and puts on the shoes and goes out again. At supper it appears flushed and tired. It has "caught a cold." It sleeps all night. The next morning it is feverish. It eats some breakfast. But it desires to keep quiet. It has a bad cold.

The next day through, the child is not well. It is dumpish, fretful, possibly stupid and sleepy. The *next morning*, after thirty-six hours have elapsed, the mother or the physician discovers a patch of diphtheritic matter on the tonsil. The educated or experienced eye declares this spot is a symptom of DIPHTHERIA.

The day passes. Remedies are given. Possibly the diphtheritic patch has come off or is loose. Or the mucus patch has turned to a gray or brown color. The nose fills up. The odor becomes offensive. All night the parents hope the child is better. It is now a bad case of diphtheria. The appetite is gone. The child is sleeping and, surely, it is better. Morning again arrives. The pinched nose, the purple lips, the white face, the labored breathing, the putrefactive odor, the displaced eyes, have but one signification. Death comes during the forenoon to relieve the struggles of the child who unfortunately had "caught a bad cold," but died of *malignant diphtheria*.

The author would be very glad to condense this mass of truths into the shortest possible sentence. To do this we have to suppose that the reader understands all the laws of the transmission of life. That the human animal as well as all other animals is reproduced by the force that comes from the male parent before us. And this in turn had to go back—this force has to go back to the beginning when God first created man and God alone gives this force—not the sun, nor Nimrod, nor his white wife Semiramis, nor the *allos* Medical colleges, Harvard, Bellevue, Yale and all the rest of the American Medical Association of Colleges, each and every one had nothing to do with the existing life and we say that each and every one of the colleges teaching the assertions, as taught by their text books that all life comes from the sun, are a set of stupid liars. The sun might shine on the world for ages and ages and yet produce nothing. No power on earth has any power except through the natural laws of the creative being. Jehova.

Every thing that we have is dependent upon the force which came from God. And we may as well say here that we believe the bible to be true, every word of it and also that the Lord Jesus Christ is the Son of God.

Now, if the reader has this idea about the vital force, having the knowledge derived from God, he will see that this knowledge in the corpuscle of blood and in the human body, builds up, nourishes, takes care of, repairs and does everything, performs every operation that is in the human body and with these explanations we can now proceed to the solution of the problem before us.

The first question which will be asked by the interested mother and father is this : "Why did the child of six years catch a cold?" Yes, that is the first question of any importance and, as we are clearing up these lines of thought as we go along, we will answer the question.

Why do children ever catch cold?

1. Children take cold because the skin is not in good order.
2. They take cold because the blood corpuscles and the living matter in the body are made of weak and degrading materials, and this material cannot sustain life.

3. Children take cold because they have certain elements in them which predispose to cold. As for instance, the starch from potato. This is a mass of starch, and unless this starch is changed by acid it is still starch in the body, and being starch in the body is sent out to the surface of the skin and shuts the skin up, and we have the capillaries of the skin clogged up and we can have a COLD, because when the cold comes to the skin, there will come the blood also; and when the blood is there, the blood being weak will die and will have dead blood from being chilled with cold.

Then we have the pores of the skin shut up, forcing more work on the kidneys, and the cold has taken the child. He not alone took the cold, but the cold took him. COLD CHILLED AND KILLED THE WEAKENED CORPUSCLES OF BLOOD.

The what? Cold air kills weak blood corpuscles and they remain dead in the system.

Then the dead corpuscles of blood, having been first weak from starch or other food we have mentioned, and killed because of cold, become disintegrated.

If you will observe what has gone before, you will at once see into the condition of the child with the cold. The child had plenty of blood, but it was weakened blood, because the blood had been fed on starch food. The blood came to the capillaries and there they were chilled and killed. Then when they were dead they were no longer living corpuscles, but being dead they went under the chemical law and in the warm blood stream these dead blood corpuscles become pulled apart and actually disintegrated inside of the blood stream.

In the fresh state of the corpuscles there are forty-four parts of solid material and fifty-six parts of water.

When the corpuscle is killed, that is, when the life force is driven off from this corpuscle, we have water 56 parts (no longer living matter, but dead and inert matter) and we have 44 parts of solid matter that has to be taken off out of the system.



Let the reader now consider what will be the result when millions of these corpuscles which were living before the cold was "taken" or "caught," and some hours afterwards in the human body.

As we have already stated in the article on Pneumonia we can have several endings and results from this "catching cold." And if these corpuscles with 44 parts of solid matter in each corpuscle have been largely composed of starch, which has been unchanged, we can see what the next result will be likely to become.

Some such condition as this must be in the body when we consider that any of these particles of living matter may die as well inside of the body as outside, if the conditions are favorable to the driving off of the vital force.

No one could live on ashes and be well or feel well. Why? Because there is no nourishment in ashes to sustain this life power and give anything for the needed growth. No one could live on sawdust for the same reason. No one can continuously live on the starch from potatoes and be perfectly well.

Why? Because this starch is not fitting food for this living matter inside the body.

You see, if these corpuscles of any kind can die and then go to pieces (with the living matter, dead. Then it becomes dead matter. Dead matter can have no life in it,) then we have some particles of dead matter from these corpuscles.

Every weak blood corpuscle died quicker than it would have died if it had been made up of good material, and the child had more effete matter as old material than could have been passed out of the skin and kidneys. As the vital force brings this dead stuff to the surface of every place and finds the skin shut up, it has to go somewhere to keep this dead stuff from being in the way of the heart's action, and it is sent into the bronchial tubes and thence into the throat, and comes to the inner part of the throat, and comes out so it can be seen and felt on the outside, or rather on the inner side of the throat, and it forms a thin coating on the mucous surface. So far we have it. The capillaries have shut up, the kidneys have too much to do, and possibly they are clogged up as well.

Then this stuff, which is a part of the materials of blood corpuscles which have been killed by the cold on the skin, and in the capillaries, are sent out into the throat, and when they are in the throat they remain there as dead material. What then?

Then this. This dead material being on the inside of the throat so it can be seen, will be exposed to the air and to the breath.

Next result: This thin, skin-like stuff which appeared on the

throat will sour and putrefy, and being putrefied will form a scum on the lining of the throat, which we examine and see that it looks like a thin skin, and we say Diphtheria. Stuff from the blood stream, sent through the membranes and becomes putrefied and rotten.

And is it DIPHTHERIA?

As we have seen, it was a fatal case. Why? Because we were ignorant of the causes of this cause; ignorant of the proper treatment.

Here is the cause. Dead blood corpuscles are cold at first.

Why cold? Because the blood corpuscles were made from poor material and were soon dead. Being dead, these corpuscles were disintegrated.

Then, as they are dead and disintegrated, they were sent to the outside of the tissues (which would be the inside of the throat) and there they formed the thin scum like a skin. Then and there they were exposed to the air and the warm breath, and then and there this starchy, dead and disintegrated blood corpuscle became putrefied. It was *Diphtheria*.

It died as we have seen. Why? Because we did not know how to treat it so as to cast off, at once and forever, the blood corpuscles which were dead and dying in the body.

My dear mother and my dear father, right at this point we desire to speak a word to you.

If you could have seen us at this disease in 1861; if you could have seen us when the heart was almost stopped beating for fear of what we should hear as we rode up to the doorstep; if you could have seen our anxiety as we have gone to these cases and as we have attended to our little ones; if you could have seen the days of fasting and agony we have had; if you could have seen the tears which were not shed until the crowded brain almost rebelled at the load, and the tears were a relief to the overstrained mind; if you could have been with us when these diseases became plain, you could stop and thank God for his gracious promises to man.

If any man lack wisdom let him ask God, who giveth liberally and upbraideth not—(James 1:5.) Yes, we thank God with all the small mind we have, to be allowed to explain this disease so any one can understand it.

You can lie down at night and feel as secure about the Diphtheria as if there was never any such a disease. It will never be yours on any hand if you will take the care to have your children and grandchildren kept from these excesses of starch food. For STARCH FOOD is the basis and only basis of Diphtheria.

What we desire to assure you of that you need not be any more afraid of Diphtheria than you need be afraid that your child will be carried off by an anaconda. There are anacondas and there are bugs. But you never need be afraid of any bug ever taking your child, unless it is filled up on the starchy potato or has taken milk from a cow or set of cows that have been fed on putrid materials.

You and your children are safe from any fear about this disease. As long as your children are fed on Irish potatoes, so long the doctor will have a chance to catch you in his little anti-toxin trap and mulct you for all he can when you are under the influence of this fear of Diphtheria and all kindred diseases.

You can have other things just as bad and just as fatal but you can never have the diseases of Diphtheria as long as you keep the child away from the excesses of starch food.

Possibly some one may say every one who eats potatoes does not have the Diphtheria. This would be true. But they have weakened blood corpuscles and weakened living matter and this living matter being weak, may die and then be strained off through other channels.

Ah! Do you see it?

When the potato eater is a young lady she will have this exudation through some other surface of the generative organs and she calls this exudation which is sent out through the walls of the vagina, the LEUCORRHEA. Do you see this? The potato eating young man has Seminal Emissions. We know about this also. And when it is sent out through the throat and through the nose, then there is the dripping down and the spitting up and all the hawking, and all of this stuff coming from somewhere, and every day there comes some more, and when it is in this manner, then it is called the CATARRH. Did you see through this assertion?

Well, when this excess of stuff in the body comes from eating eggs and oysters and other things which may form an exudation of albuminous stuff, then it will go into the lining of the bronchial tubes and stop the little ones' bronchial tubes up and when they are stopped up and tubes are filled with this exudation which has come out there, because it is so loose and all that, then when the little one loses its voice and becomes weak and cannot eat and simply strangles to death before your eyes, then this comes *because* there has been TOO MUCH ALBUMENOUS stuff eaten and this stuff will form an albuminous coating over the bronchial tubes and go inside of the organs and stick them full and so on and this is called the

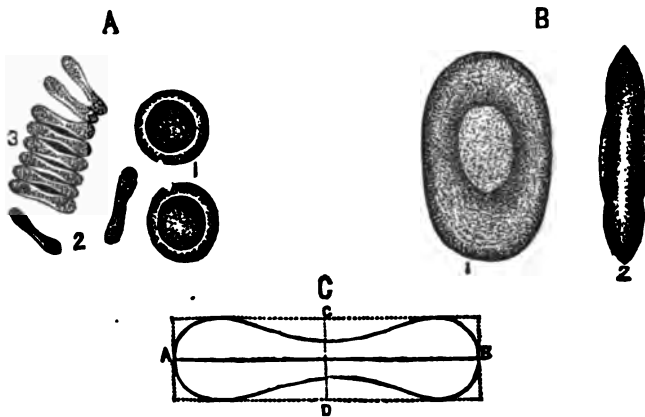
MEMBRANEOUS CROUP. The SLOW SURE CREEPING CROUP which kills its thousands.

You may ask why it will be that in these cases *it does not putrefy* as it does in cases of diphtheria. We will tell you. Because the stuff which is exuded is not so full of starch as in the cases where they ate potatoes. In young persons the starch is not so well digested. The starch comes out as starch and is sooner putrefied and sooner rotten where it comes to the surface than where it has been mixed up with other things.

In a young lady with the whites, she never thought it was her food.

But it was. Caused by her EXCESS of STARCH FOOD.

Fig. 93.



*A*, Human colored blood corpuscles, 1, seen on the flat. 2, on edge. 3, rouleau of colored corpuscles slightly separated.

*B*, A colored amphibian blood corpuscles 1, seen on the flat, and 2, on edge.

*C*, Ideal transverse section of a human colored blood corpuscle magnified 5000 times linear a b, diameter. c d, thickness.

As long as the blood was in the deeper tissues and all together, it was kept warm. But when it (the blood) came to these finer tubes on the surface which are called *capillaries*, then the cold having more power on these blood corpuscles, chilled until it was too cold for the corpuscles to live and they died right in the capillaries and then this dead blood went back into the general circulation, it was DEAD BLOOD and not good for anything and so it went along in the blood stream as dead material and was very soon in a disorganized condition.

The mass came to the mucous surface and found a place or places where it could get through, and the vital force sent it through this loose place and we had the thin-like, skinny stuff sent out, which, when the air and the warm breath was breathed on it, warm and damp, took it, became putrefied, and we looked and saw the putrefied and yellow patches of this thin stuff which had been sent out

from the blood stream, and when we saw it putrefied in the throat, we said, "DIPHTHERIA," and diphtheria it was.

Is this plain to you? In the first place, all bodies are provided with living matter.

This matter, which is alive, depends on its conditions to have life. You cannot grow an acorn so it will become an oak tree unless it has soil, moisture and air, with sunshine.

The corpuscles of your body, and every one else's body, need food, air, sunshine and water. If the food has been too starchy, you will have starchy blood corpuscles. These will be weakened corpuscles. They will die easy because they have no great power of endurance.

If these corpuscles have been fed on starchy food in excess, they will die easier than if they had been fed on beef or mutton or, better yet, if they had been fed on fruits and nuts. If they had been fed on fruits largely they would never have died so easily.

And if fed on fruits ever so much, one could never have the diphtheria, because this starchy food makes the thin, skinny stuff which oozes through the mucous surface of the throat. Fruits never can cause this skinny, slimy exudation. POTATOES DO.

Then when this starchy stuff (which has been in a manner unchanged) has come through to the inside of the throat, then it will be weak, and liable to putrefy easily.

Why will starchy particles be more liable to putrefy than the fruit particles would?

Because the starch will take on the oxygen of the air quicker than anything else and when this starchy mass of pabulum, besides these dead and disintegrated blood corpuscles are strained off and exposed to this air which is coming into the lungs and the breath (carbonic acid) which is coming from the lungs, have touched this exudation of starch and disintegrated material, then it becomes putrefied and we, seeing the putrefaction appearing on the outside of tonsil, uvula or palate, or any where in the throat, and believing it has this "*ret vellum*" appearance which has been so often described, we say this is a case of diphtheria.

After this putrefaction has commenced and *never before*, because there is no rest—no place and nothing to nourish them before, then and not until this time, do we have the germs, the bugs, the micrococci and all the rest of it.

The maggots do not make the cow die on the prairie; but when the cow is dead, then the flies blow and the maggots come quick enough to show they are never far off.

You do not have to find any germs to catch DIPHTHERIA.

When you eat excesses of any kind of starch food, you are in a condition to have this disease. No bugs, germs or bacteria are needed to have Diphtheria.

And every symptom can come to you and you can die right along because of excesses of starch.

You may go after Pasteur or some other infidel in God germ hunter and get hold of some fancy theory and think it is in the throat all the time and if the throat were only well you be well. We tell you no. You would not be well if you had a cast iron throat. Then it would come out in some other place and you would have some other discharge in the Body. No matter where, but you would have it.

And you can see that in these cases as in the case of the little girl, the reason was not in the throat although she died with a throat disease so called, she really died from having too much starch in the body which came out through the mucous lining of the throat and there putrefied, some of it was absorbed and this putrefied matter went back into the circulation and the girl was dead as soon as this stuff began to clog up the heart and fill the lungs full. The Vital Force fled from such a compound. Such company drove out the Vital Force.

Did the "cold" do it? No. The cold only killed the blood corpuscles which were already made weak by starch food in excess. The child might have gone out and taken cold until doomsday and there would never have been any diphtheria in the case, if she had *not* been an excessive eater of starch food. It will not matter whether you have Barley (sixty five per cent of starch) potatoes (almost all starch and water) or fine flour with some other compound, anything which will render those blood corpuscles weakened and give some thing that can be easily putrefied and one can have a case of putrefactive, malignant and fatal Diphtheria and die from this case of MALIGNANT DIPHTHERIA, although there may not be an other case on the same side of the Ocean. This is truth. These are facts.

Another little point that we desire to assure you of. When the whole body is washed all over every day and the skin is kept in the best possible condition, we will have this skin in good order, and we will have the corpuscles in the best of order. They will be better than if they did not live in a body, only washed when there was warm water in the river or creek once a year.

By considering these four layers of the skin, it becomes evident that when the first layer, or the stratum corneum, is washed and the next layer will come up and supply the outside layer and thus

an active **work** is kept up in all of the layers of this skin. But if the outside **is** only washed once in a summer, or thereabouts, the entire four **layers** become stagnant and inactive.

The daily **bath** is the only exercise which will cleanse this outside layer of **scales** and thus bring up the other layers and make a good **circulation** in all of the skin. When you hear a doctor say it is not necessary to wash the body only once in a life-time, and tell you he "**was** once almost washed to death," you may be sure he does not **know** the anatomy of the human body and knows not any-  
thing of the **circulation** of the skin.

Another point:—When this outside skin is in good order it can not "**catch cold.**" This immunity from catching cold is brought about by the daily bath, and can be secured in no other manner.

In relation to a child, or any one else for that matter, catching cold, we will tell you that the skin which is hardened by having been through a daily bathing of cold water, will never take cold under any circumstances. We tell you this from personal experience. Your friends, the doctors, may tell you something of which they know. We know more than they do, for we have lived longer and have experimented more with this water washing in all the climates on earth every day for more than fifty years. Why should we not know about it? We have brought up some children and have the grandchild here who has taken his cold bath ever since he was born. So we know about it. They never have a cold.

When you hear of a child who takes cold, or hear of one who is easy to take cold, then be sure that they do *not* take the daily cold bath.

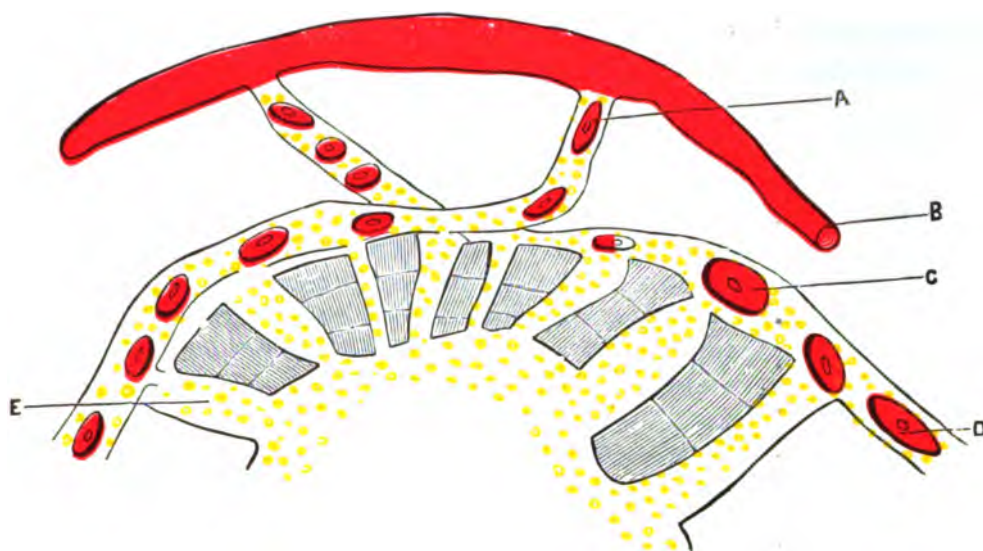
If we wash each day early in the morning, we can be sure these horny layers (or the scaly layer) will be in good condition as the old ones will come off and new ones will grow on in their place and the whole skin will be as tough as is needed to have it.

What about washing with hot or warm water? We say to you the skin should never be washed in hot water unless it happens to need it to get the dirt off and then directly afterwards it should be showered with cold water. Why? Because the warm bathing takes off too much of this scaly layer. It opens the pores too much. It takes out too much oil from the skin.

Once on a time we had a young lady who had trouble with the lungs.

We had her wash with cold water each day and she did finely.

But as the cold weather came on the dear, good mother thought the water was too cold and too harsh and she warmed the water. So she did. And that warming the water made her chilly after-



### Catarrh of Mucous Membranes.

Drawn by Melville C. Keith, M. D.

ENLARGED SCHEME OF CATARRH OF ANY MUCOUS SURFACE.—A. A Red Blood Corpuscle entering the Capillary. B. Artery surrounding the outside of the Mucous Membrane. C. Red Blood Corpuscles passing the opening of the gland while the yellow or Catarrhal Atoms, being smaller, are dropped through and strained off from the blood through the relaxed orifices into the inner surface of the Mucous Membrane. Of course the atoms are not yellow when they come through these mucous surfaces. But when they take on oxygen or take in heat, so as to become putrefied, then they become yellow. At first, when they come out, they are white. Being putrefied they turn yellow. While they are in the blood stream, being undistinguishable from the red blood corpuscles, they seem to be the color of blood, but are really white or the color of milk. D. Red Blood Corpuscles elongated after having deposited or strained off its dead material. E. Catarrhal Atoms laden with dead particles drop their filthy matter through the Mucous surfaces, thus swelling the amount of Catarrhal discharge.

It is evident that every animal eating anything, takes that thing or substance eaten into its stomach, and passing through the stomach, all of it that is assimilated will pass into the blood stream. Therefore, when one has eaten excesses of starch, that cannot be changed by an acid, or that are not changed by an acid, these starch atoms will continue to be starch atoms, and nothing can change these starch atoms except an acid. Acid changes them to sugar.

When this is once understood, then every woman will have the understanding of how to stop having the "Whites" (which is only another name for the excess of starch running away from some part of her body), and when she learns that all kinds of food are, in themselves, nourishment for the blood, and that which cannot be taken up as food for the blood remains in the blood stream and has to pass off through some of the channels which will carry off this refuse material out of the body, then she will know that the "Whites" is a mass of material which has been taken up from food eaten and not assimilated. It also may be old material which should have passed off in other directions, as when the person was constipated.

To cure the "Whites" it is necessary to have pure blood and to stop the excesses of starch food, specially potatoes, bread, oatmeals and stuff containing excesses of starch, and have the food made from fruits and nuts, with some meats or fish. Then we will soon be rid of all kinds of whites and every species of CATARRH, as well as all old ulcers, bunches, "inflammations" and insanity.

To prevent diphtheria and all kindred throat diseases stop eating the starchy potato and all other excesses of starch as food.





wards and she soon took cold and sank into death in a very short time. Well we have seen things in our lives and when a dear mother wishes to have her child bathed in warm water we are gone right away. Warm water washings weakens the skin and makes the corpuscles weaker.

Bathe in cold water each day you live and have children to do it. Do it quick and you will never regret it.

The doctors who assert that it is not necessary to wash the skin all over every day are those who do not think of the supreme importance of these capillaries being kept in good circulation. Unless there is a daily bath there cannot be a good circulation of these capillaries and the blood in the body becomes stagnant and impure. In all cases of fever it is of the utmost importance to get a good circulation in these capillaries and to keep it there. The daily bath insures a good circulation. There is absolutely nothing in the world which is of so much importance to a man (after a belief in God) as the daily bath.

If one should varnish all the body over, there would be a stoppage of this capillary circulation, and very soon the child or man, or any one else, would cease to live. This has been tried. In cases of burns, where this circulation has been lost, the patient dies.

In diphtheria it is of the utmost importance to have this skin in good order, but, as a usual thing, this skin is apparently stopped up and will not do any good for the patient. Why is this? Because it (the skin) has not had the advantage of being bathed all over every day and is not used to having these capillaries washed all over, and so these capillaries will not contract or dilate as well or as rapidly as they would if they had been used to the daily cold bath.

The persons who have bad odors about them are those who only wash their bodies once a year. These are the children who have diphtheria, pneumonia, pleurisy and lung fever, or can have anything else, besides having pimples enough to make them sick and ashamed of living.

We think this daily bath is a necessity with us, and we on the down-hill side of sixty-five years, as healthy as any one can be under the circumstances.

We have heard of persons who decried this daily washing in cold water, and tell how they were once almost washed to death by this cold water washing all over. Personally, we have been washing all over for fifty-five years, and we have thought about the matter several times, and if anything will prevent the troubles which

come on ones's body that is not a good eater, then washing is the thing to do.

See one condition. Examine the capillaries and see where the blood corpuscles go through in single file. Here, in these capillaries, is where the blood corpuscles go through from arteries to the veins and then are ready to go back to the heart.

The object of this cut (92) is to impress on your mind the very great importance of keeping the skin in good order, if we desire to prevent any cases of Diphtheria.

To this end this cut is introduced.

Observe the sweat gland K. If not washed off every day it becomes clogged up and when the sweat does come, as it will on a warm day or in a warm room (for instance in the students' lecture rooms where, if you have had any experience, you have smelled the unwashed feet of those who do not take the daily bath) then the odors are very offensive. Consider these sweat glands when between the toes. Unwashed toes.

Also observe the blood vessels of the papillae at *g*. It is at this place, near to the outside skin, where the weaker corpuscles die and become disintegrated. Then these dead corpuscles clog up these capillaries and there is dumpishness all over the body. Right at this point, if the patient could know of it, the case of Diphtheria could be stopped by washing the body all over in cold water and getting the skin to act. But, we are sorry to say, too many of these parents do not think until the danger is on them. The corpuscles have been killed at *g* and then these corpuscles are forced or drawn into the general circulation. Then these dead blood corpuscles may be disintegrated; since heat and moisture will disintegrate almost anything which is organic.

Then again, if this skin is washed daily, the granules of oil can come to the surface and prevent the skin from too soon catching cold.

Here in these capillaries is where some of the oxygen carriers give up their oxygen and go back as *blue blood*.

Do you think that if there is any dead blood from any cause there would not be a great hurrying to get this blood or any other matter out of these capillaries when there comes such a rush through these capillaries as when the arteries send their great waves through them while the cold water is going on the skin every morning? We tell you that the cold shock to this skin cleans out this mass of capillaries all over the body and leaves the body pure and sweet, so far as it can be made pure and sweet by attention to the skin. Besides this, look at the next man who derides washing and observe the complexion he carries around with him.

My dear father and mother, give your child a cold water washing every day as quickly as can be done every morning, with the hand and one great danger from this or any other disease will be avoided. Never mind what they tell you in regard to your child not being strong enough and all that. We say to you that the child that is daily washed in cold water every morning, is the one that is going to be strong; while the child that is not daily bathed in cold water is the one that is going to be a weak child and have weaker corpuscles than those who are washed daily in cold water. We can see the reason why this should be so and you will see the reason if take a look at Fig. 92 and see the nerve fibrils and the representation of the little tubes, where the blood comes to the surface and changes from red to blue blood. If you will examine the representations of the blood corpuscle,—the living matter which has life, then examine the finer capillaries where the blood goes through in fine streams, so fine that red blood corpuscles are forced to go through in single file, then consider that in these small tubes, which are called capillaries the blood becomes chilled and is killed because of its being too cold for them to live in that place. Then consider that if these were in the best order and would contract and dilate as they should and as they would, if they had cold bathing every day, then you will see why it is and why one does not take cold and does not have much trouble with the nose and with the linings of the throat and head as others do. Because these capillaries are in better order. One may have the capillaries in such good condition that they could be able to carry off much of the dead material, while in others, who are not washed so much, the dead material will actually stick the skin or the capillaries of the skin full and we would not have the needed circulation in the skin and the blood would settle under it (as it actually does in some cases,) because the capillaries are not used to having quick relaxation and dilation as in the body where there is a daily cold bath all over the body.

Did it ever strike you why there is no fever in these diphtheritic cases? We will tell you why there is not much of any fever in these cases of Diphtheria. The books or the doctors will never tell you.

It is because these capillaries being filled with stuff—dead stuff, which we tell you is starch and dead blood corpuscles which are becoming disintegrated. We say to you, the body being filled with this mass of stuff, and the skin in these capillaries being filled full of sticky stuff, the Vital Force, seeing all these things, does not think it worth while to make any other effort to carry off this stuff

anywhere else than where there is an opening, and that opening being already in the throat, the Vital Force will have no fever; that is, no effort made (and fever is the EFFORT when it is shown in the increase of temperature of the body) other than the effort which is being made as fast as it can to carry off this dead stuff through the mucous membranes of the throat. This is the reason why there is not much fever with diphtheria.

If the skin is washed every day, you will find there comes a good warm glow on the skin and the blood goes into these capillaries.

What are these capillaries? They are little loops which come up in the true skin and are as we have shown you in the early cuts. The blood comes near the outside if these capillaries are in good order, but if these capillaries have been clogged up by starch food, then we will have two causes of the skin clogging up.

1. The skin clogs up because it is not washed enough.

- 2 The skin can clog up because there is not enough oil in the skin.

If the oil is in the skin, then the skin can be well oiled and so there will be one way to prevent the skin from ever becoming chilled. If there is oil in the body, there will be oil enough in the skin. Why should there not be oil enough in the skin? Because the starch food which may be eaten has not much oil in it, and therefore when the food is digested there will not be enough oil in the body, and the skin will be dry and husky. This is sometimes the case in consumption, and nearly always the case in many kinds of fever.

How shall we have plenty of oil in the system? By eating the articles which have oil enough in them. The best series of food to eat having oil in them to give us all the oil we need are the nuts.

All kinds of nuts are good except the peanut.

The peanut is a kind of gouber pea and is unfitted for food, although very many persons use them. We do not consider them as fitting for food to any one who is thin in flesh or is not in good order in the bowels.

If you desire to try them some, do so, but not on anyone who has any tendency to get cold or on those who may be hoarse or has any tendency to throat trouble. We say to you to keep them away from the children. Warm water washing takes out the oil and never places it back again. You can see that the corpuscles of blood are far more liable to die than if they were well covered with oil sufficient to protect them.

If we have elucidated some of the causes of the child having a case of Malignant Diphtheria from having taken a "bad cold," we

have done something to open your eyes to the folly of being afraid of the germ of Diphtheria. There is no germ to be afraid of. Not one bit of a germ which one need to be afraid of any more than one can be afraid of a piece of mouldy meat. Still, we do not have to breathe the smell from mouldy meat.

But the germ cannot catch your child unless—now mark this point—the germ can never catch your child unless your child has a loose mucous membrane and your child is already filled with decaying and dead atoms from starch food which has been eaten in excess and which has never been digested.

Besides this, the child to catch this disease from some one else, will have to smell the effluvia or the breath from the sick patient and then the smell would be sufficient to make one sick if there were no germs.

It is a fact that smells can be so bad they will kill people. An instance has been recorded where a boy sat on the fence and breathed the air from a vault which was being cleaned out and went home and died in two or three days from typhoid fever. The smell killed the blood corpuscles through the olfactory nerves or through the membrane in the nose and the child died.

The Ship Kearsage took on some wood from the beach in a place in Africa and on the way home the ship lost forty-seven from fever.

What killed these forty-seven men? Smells. Smells from rotten or decaying wood.

Smells from the rotten toes of students in school have often made other students sick.

Smells from the dissecting room have often sent a promising youth into an early grave. Why? Because the smells have killed so much of the bronchial membrane as to leave him poisoned with this smell inside of the lungs and he never gets rid of it. Then this smell destroys the membrane and the cells or the lungs become rotten and the youth is gone into the grave as a "victim to science." They say so. We have stood by such a grave. Killed by smells.

Thousands of persons think, and the doctors foster the idea—no matter why they continue to foster and educate the masses so—it is not true, that to have Diphtheria one has to "catch it."

The Diphtheria which is caught is no worse or no better than the Diphtheria which can be brought into the throat.

Let us examine this case:—The child of six years caught cold. It had sore throat. There came some thin white scum on the throat and they saw the patches which were then WHITE.

Soon the patches turned yellow. When they putrefied as dead

matter, then these patches were yellow. When they turned yellow, after a little they seemed to, and did, mortify where they were.

Moulded and rotted. This is a fact. They mortified or putrefied in the same place where the seeming skin came out on the throat.

The nose became filled up with the same "membrane". (*False membrane.*) This membrane was an exudation from something inside of the mucous membrane.

This something which was on the inside of that membrane was blood. The blood brought the stuff, which, when it came out, and was putrefied, was more membrane. False membrane.

The blood is composed of white and red blood corpuscles and the food or pabulum which has been taken from the juices of the food.

Notwithstanding the membrane was there, it kept growing. (Accumulating.)

We deny its growth. This membrane does not grow; in the sense of "growing" because this membrane is made of dead matter and cannot act. It is a dead matter which has been sent out through the membrane beneath and as it comes out it hardens and then putrefies. Becomes rotten and mouldy.

Why does it harden when it comes out?

Because while it is in the blood current, it is thinner and when it dries away, it becomes thicker than when it was in the blood stream.

Do you remember how starch looks when it is mixed up with warm water and stays in the vessel ready to have the shirts or collars placed in it? And how thin and nice it looked?

Just so. But, when the shirts were afterwards hung one the line, these shirts and collars and what not else, all became stiff and hard. So this is the manner in which the starchy stuff comes out through the throat, and when it first comes out, it comes out as thin stuff, but it soon hardens and then, having become hardened, it will begin to rot down and we see it as yellow patches in the throat. But it is all over the body as well as in the throat. It is in the blood current, is this starchy stuff, and only comes out so we can see it when it is cold and hardened as all other starches harden and become stiffer when they are cold. But they dry also, and in this drying on the inside part of the throat we find out what it is makes the difficulty of swallowing. It is because the throat seems so dry and stiff.

Why does it soon putrefy?

Because, being dead matter sent out from the living blood stream it has nothing to do but to go under the law of chemics, and this

chemical law says it must be soon putrefied while it is in a warm place. It is in a warm place while it is in the throat. The breath is warm. The blood stream behind it or back of it is warm. It is dead and in a warm place and it soon putrefies.

Why does it putrify so quickly?

Because, being of starchy materials and mixed with dead blood corpuscles which have been disintegrated there are two reasons why it should soon putrefy.

a. Because it is starchy.

b. Because it is moistened by the carbonic acid breathings coming from the lungs.

And a third reason might be added, that the oxygen from the air would tend to produce putrefaction by the continuous current which would be going in and out the bronchial tubes.

Observe these steps very carefully and you have the whole solution of diphtheria, and why it is that this disease has—

1. "Acute infectious disease." Because it comes on directly after the blood corpuscles have been killed and are being thrown out, and is infectious because it has become putrefied and smells badly. Infectious, because putrid.

But, if it is thought to be an infectious disease, as is scarlet fever, we say this is erroneous. If any person be in ever so good order and have never had the scarlet fever and are exposed, they will be liable to take it. It will run its course. But if a person is in good order, no matter how much they are exposed, they can never catch the disease, diphtheria. Why? Because this disease must have an excess of starch food in the body before the disease can be taken.

Nothing can come from nothing, and if the person, child or adult, has no excesses of starch in the system, they can never have this wet vellum-like skin in the throat, because there will not be the stuff to make it out of. It is made from excesses of starch food and nothing else.

The exanthem of scarlet fever is produced by an animal germ (according to Professor Jacob Redding). But there does not have to be any germ to have diphtheria.

We are asserting that there is never any germ in the first exudations of diphtheria. They never come until after the exudation comes out in the throat.

When the exudation comes out, then the bugs get in, because it is sour and becoming putrefied, and then, in this condition, the bugs can get in, and stay in and breed.

If there were not an excess of starch in the body from eating



this starch, we would not have any material to have an exudation of.

This is the fact, that when we do not have anything in the body from which the exudation can be made, we will not have any exudation. Consider these facts when next you read some fairy story about germs and somebody's baccillus.

2. An exudation of membrane. (Only this is not membrane; it seems like a membrane, but is really only an exudation of some starchy and sticky stuff which appears like membrane.) It apparently *grows*, but *accumulates* because the material is in the blood and is sent out from the blood current behind the place where it starts from. This is why it is "rapidly reproduced." Because when the membrane is taken off there is another abundant supply beneath the mucous membrane, where it came from. This supply is in the general current of the blood stream. In the blood plasma. And this "supply" is from excess of starchy food and from the dead corpuscles which have been killed by the cold. The extra amount of starchy material which has never been digested nor taken up into the blood corpuscles may come out as waste matter, sent out as useless by the Vital Force.

3. Grave constitutional disturbance because the body is filled with this dead and dying material all over the system.

4. Albumen in urine and sugar also from the excess of starch having been taken into the body as food. Starch with acid can be turned into sugar.

5. Peculiar or characteristic odor because this starchy odor putrefying is very peculiar and only known in the cases where they have these symptoms and have been excessive eaters of starch.

All these facts which have been laid down by every writer on earth, fit into our hand like a ball of wax. You cannot take up one symptom but what is filled with explanation of the putrefying starch.

It will be a question to ask—why should the so called false membrane, be thrown out with so much more rapidity after the patches have begun to start out once?

We answer—because the swelling of the inner skin (called the mucous membrane which lines the throat and nose and all inner cavities of the stomach and intestines) is porous. That is, it is filled with little holes through which the moisture is able to come through the skin when we are in a condition to sweat. But if we do not drink much and we are without much of any moisture in the body, we shall have not much of any sweating.

But in the throat, we have continual moisture. It is needed in the mouth. The moisture is able to come through at any time. It

should come through at any time because if it did not, with the breath and other elements which come from the lungs, we would have our throat and lungs burned out, as is really the case when one speaks in public too long or too much. Or strains the voice unwontedly in calling in a very high pitch. Otherwise, the throat is very moist and kept soft at all times by the moisture.

When the starchy materials begin to be thrown out through this mucous membrane, there will be a little swelling behind the skinny stuff and just the moment there is any swelling, then the pores, through which the moisture comes through, will BECOME LARGER and the more it swells up, the more materials from the starchy blood behind the membrane is able to send more of the materials out and the faster it is sent out, the sooner it putrefies and the faster grows (or apparently grows but really accumulates) this growth which fills the throat and the nose and soon is found down the throat while we can find the same material, although it may not be putrefied in the stomach.

To get the best idea of this condition and why it comes out faster when it is stretched, take a handkerchief in your hands and pull it tight. Then you can see through the meshes better than you could when it was lying down after having been ironed. Now place something in this handkerchief and have enough in it to make a ball that you can squeeze up good. Then hold the place which is squeezed tightly up to your eyes and you will see the meshes are much farther apart. This will give you the idea of why the materials come out so much faster after the throat has begun to swell up. The more the mucous membrane is stretched, the larger the holes become and the faster the old stuff can be thrown out through them. When there is going to be Diphtheria, there will come first an intense redness on the back of the throat and up and down so far as you can see in the fauces. After this has been very red and feels dry and stiff so there is any swelling or any deposit in the throat until the mucous membrane all over the intestines and the lung tissues as well, has been filled with this dead and starchy material which has been taken in as a food. Then the dying matter which has been killed as corpuscles by the COLD, is disintegrated and passes with the rest of the undigested stuff which is in the blood stream, will not be taken up by the sentient blood corpuscles as food.

When once the membrane comes out to the air it swells and the stuff commences to putrefy and then we have the disease DIPHTHERIA.

**Contagious, Infectious or Sporadic?**—In one of the suburban

towns near one of our largest Western cities there was, in 1887, a family composed of a gentleman and his wife and four children, three girls and one boy. The oldest was nineteen or thereabouts and the youngest nine years of age.

The cottage in which this family lived, was on a high and dry knoll, surrounded with pleasant shade trees and an adjoining lot served for the garden.

According to all appearances, this little cottage and its healthy looking inmates enjoyed all there was in life and were as happily situated as any mortals could be while they dwell on this earth.

The father had a good business in the city, some miles away; the oldest son was in some mercantile house; the eldest daughter was finishing her musical education and the two youngest were attending school at one of the modern school houses so liberally dispersed in our suburban villages. There was no sickness of any kind in the little hamlet where this family lived and had not been any sickness of any kind, to any one's knowledge, for more than five years.

It was considered and is today, as healthy a locality as is in the world, both on account of its climate, its height and perfect drainage and absence of any unsanitary influences of any kind.

On an evening in the month of November the youngest girl came home from the school a little sick. It was thought she had a bad cold and some domestic remedy was given to her. She went to bed and next morning she complained of her throat being sore and dry. Thinking it might be somewhat on the Diphtheritic order, the father placed a fat pork rind around the throat and gave one or more spoonfuls of kerosene. This was his favorite remedy for any kind of sore throat and, as it had always acted well for him he continued to give it.

His father had been, while alive, a practicing physician.

The girl did not get any better. We are not informed as to her food, but in the afternoon the mother called a local physician, who did business in the city some miles away, but who lived on the heights.

This physician thought the case serious enough to warrant calling counsel from the city. The counsel came. In spite of everything which two physicians knew to do for the sick child, she died the next morning from a well-marked case of diphtheria.

The funeral was held the next day. The mother came from the funeral, took her bed, and the physicians were sent for. There were three or four physicians called, with the very best attendance in the way of nurses, and the case was considered very grave.

The attending physicians had counsel with one of the oldest and best in the city near by ; but the mother died the next day from diphtheria. She strangled to death. Her sickness had not lasted over thirty-six hours to any ones' knowledge.

The counseling physician advised the immediate leaving the house and having the house thoroughly ventilated and fumigated. It was accomplished as the mother was buried.

The young man down town did not have any sore throat.

The eldest daughter had some indications of diphtheria but methods were taken (which we will give further along) and she was free from further symptoms of any disease. The youngest daughter was sent to a lovely house a few blocks away and was considered quite well.

One day she thought she would take a long walk, and she did so, coming home with what she called "a cold." The lady of the house examined her throat and sent for a physician. The physician came and called it diphtheria. The writer was the physician. He examined the case ; thought it over, and called counsel. The counsel was an elderly man, and one in whom every confidence was to be placed, since he had lost his only child, a lad of six years of age, some two years or so before this time with this same disease, diphtheria.

The counseling physician gave local treatment and atomizers. Some application was made to the neck.

The weather was very cold. The child seemed to be better, but soon showed a relapse. The writer then went for one of the oldest homeopathic physicians in the state. A personal friend of the writer and a very worthy man. In those days we had the idea (wrong idea by the way) that one could be an allopathic gentleman or a homeopathic man and still be honest in his mind. This was an erroneous idea. No one can be dishonest and honest at the same time. Only one master can be served. Therefore those who serve allopathy or homeopathy are dishonest, because their teachings are to kill living matter, and in this *they are dishonest*.

The elderly gentleman, who was a very pleasant, suave man, and well schooled in his profession, said there would not be any doubt of the child coming out all right, and informed the lady of the house, with a smile, that in homeopathy there was more of principle than in the old school because, "Disease was a poison and they gave a more powerful poison to overcome the poison which was already in the system." He only desired to get the child under the influence of his poison and he would have her safe and sound.

CHLORIDE OF IRON was the remedy used to take off the patches from the girl's throat. And in taking off the patches with chloride of iron he was successful. They came off. But they came back again immediately.

Other medicines were given, and to prevent any undue influence on the lady of the house, and because the writer had many other cases, the child was left entirely to the care of this worthy homoeopath.

It appeared to be doing very well. Was getting better. But one night the father was sleeping soundly, having been up so much of the time and he woke up and found the girl dead. He tried to rouse her. But she was never roused. She was dead. The two other children attended the third funeral, but were not sick.

These three cases, fatal from the first, living in a fine dwelling, with every thing that could be suggested in the way of having comfort and luxury at hand, yet, in less than two weeks, three of the family were sick and died from "MALIGNANT DIPHTHERIA."

Now consider this case, or cases. Was it possible to save any of them? The writer at that time did not think anything short of an angel could have saved any of them.

The living matter in the bodies were so weakened and dying that when the condition of exudation came on them and the exudation came through and began to be putrefied that the putrefactive matter was *at once taken up* and carried to the heart in both the two first cases and the youngest child and the last case, was a victim to a weak heart, which we had seen from the first and was not seen by the other physicians and they tried. It would not have done much good with the knowlege at that time but with the knowledge that we have at this time we say that all those cases might possibly have been saved. This is our belief at this time, although we may be mistaken even in this opinion.

Why did they die so quickly? The father gave kerosene oil, to carry off the matter and whlch he thought would clean off the throat and he gave this kerosene until it came out in the vessel which the

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The reason why the writer was timid in the case of the youngest child when it was first seen, was because of its appearance around the angle of the jaw, showing (in our estimation) that there was an unclosed valve in the heart (Botallian valve being open from too soon ligation) and with this consideration, the writer would not attempt to cure the child. We can see from this lapse of time, that with our present knowledge, we could have saved all of the stronger ones. It would not have made much difference if we could have control before the child had commenced to have clots in the heart or before the kidneys had ceased to act.

patient used. The scientific physician thought pork rind was a good thing. Was it?

It would do no more good or hurt, than a single straw on the mid-winters fire.

Why should they have had Diphtheria? Why should all of them have it? We say to you:—They were excessive starch eaters. We learned afterward, from the brother-in-law, (who was the nurse and took the disease very mildly, and we attended him and he came out all right in four days) that of all the eaters of good things, this lady was the best one he ever knew. She had good things. Ate potatoes, of course, and plenty of them. But this was not all.

They had plenty of cake, plenty of pastry, and things which tasted good. They were starch eaters. They had things which would only assist the starch in going down into the bowels and so they had it already in the system when the cold came.

The child had these weakened corpuscles made from starch killed in a cold and then laid down and died. She never had been exposed to any contagion or to any infection. Hers is what is called a "Sporadic case." But the mother went to the funeral and died the very next day. She was dead. The youngest child had the starch in her and was ready to go into the stage of exudation when she took the long walk and had the cold on her lungs. We saw these cases. They were under our eyes. Since that time we have never had any thought about fighting or giving any attention to germs or bugs any where. We are after the general condition of the great volume of blood and if we can get this volume of blood right, we can have every case right which has not been struck with death. It never was and never will be a disease born from germs unless the party who takes the germs of Diphtheria is in the condition to have a nest for these germs. If you are filled with starch in the body which has never been digested, then you are ready for the condition of diphtheria. But if you do not have the condition of starch in the body, be sure no diphtheria will ever touch you. We know it. We have been there and seen it tried. It is a sure thing. No starch. No diphtheria.

Where there is starch food in excess, there you will have Diphtheria.

If you will add to this a cistern to drink water from, which has never been cleaned out since it was built, and carpets which were seldom cleaned, and a soft coal fire, a snug house and no ventilation—we say, if you will add all these things, we will show you how they, if they can only have swift enough changes in the temperature, can have all the Diphtheria which will keep them busy

and make them sorry they ever heard of the name of Diphtheria.

Was it contagion that brought this Diphtheria?

Was infection from the air?

No. It was what was called SPORADIC. Came from other causes. And those causes came because the blood corpuscles had been built up in three to five years with starch atoms going into the blood stream as pabulum for these corpuscles, and the result was weakness and failure on the part of these corpuscles to be able to drive away the effects of a cold.

The blood corpuscles were disintegrated and strained off through the throat. Then this material which was strained off as dead material, putrefied when it came to the air. Then when it putrefied it was absorbed back into the blood, and then the patients had blood poison and died. They died suddenly.

We say to you that any germs are not needed to have a case of Diphtheria.

What, then, of those who really take it one after another, as is related in the following case?

A school teacher, with whom we had a slight acquaintance, had a sore throat. She had a throat that was dry and tender, but was getting better under some prescription she had. She was too poor to hire a substitute and could not afford to lose the day's pay. She could not afford to stay at home. She taught. One of her pupils went home with sore and tender throat and "died of Diphtheria." Eleven others were sick from the same school.

How do we account for it?

On the fact that in every case of anything mouldy and rotten, there is an odor, and with this odor there are germs.

There are not any living germs in musk or cologne—not living germs; but the atoms, scented, affect or irritate your membranes.

In the case of the school teacher, the bad breath may have been a cause of its being irritable to the throats of the others and children being tender took in this smell and it irritated the throat. We are very much irritated when any one comes near us with a foul breath. No doubt the foul breath contains germs. But these germs cannot always produce any disease. Not if we are right.

In the cases of these children, the one who was irritated with this sore throat and bad breath from the teacher, was ready to have the exudation come out of the throat, and when the exudation *came out*, it putrefied. It was then absorbed after the exudation—mark this—the same exudation which was sent out, and putrefied, because rotten, was absorbed after it had been putrefied and went

into the general circulation, and the child died, Died from blood poison.

Did NOT die from the germs she had caught from the school teacher; but she did die from the exudation which had been sent out from her own system—into the general blood volume and she was dead from the conditions of blood poisoning.

The other children had mild cases of Diphtheria because they had some starchy excess in the system and this excess was not so much as would throw it out fast enough to have any amount or so that it could be putrefied in great quantities and thus it was called a "*mild case of Diphtheria.*" If they had not been starch eaters and if they had not had an excess of starch in the volume of blood which they had in the bodies, they would have never taken Diphtheria. NO STARCH; NO DIPHTHERIA.

Which ever way we may think of the conditions of the disease we have in hand, it will be seen that the very first thing is the condition of the fluids in the patients body. No matter what they may be exposed to, if the fluids of the body are all right. Of course there are hereditary traits which makes children different one from another.

Some children are clean from birth, being born cleanly, conceived the in proper times of conception.

Other children are weakly by the reason of some union of the parents.

Thus: Children of cousins are weakly.

Children born of women under twenty-one or twenty-two years of age.

Children born when the father is under thirty are always weakly children in comparison to children born when the father is over thirty years of age.

All the offspring of tobacco using parents are weak in their intestines. Children of coffee drinking parents may have children predisposed to "St. Vitus Dance. (Chorea.)

Children born of parents who use alcoholic drinks are weak.

But all these do not constitute the condition which we are seeking to discover in the cause of Diphtheria. This peculiar case of throat disease can only come from excess of starch eating, or something that will cause the blood plasma to hold in solution something which will make an exudation, (under the agency of the Vital Force) which, when it comes to the surface, will putrefy and be absorbed and then poison the entire system with its poison.

You cannot make something out of nothing.

If one eats a degraded class of food or drinks degraded water



or breathes degraded air, one must expect to have degraded blood, tissues and formed material.

The word "degraded," is used to express filthy, polluted, unfit class of foods.

It is also used to express foul, polluted, re-breathed or smoky air.

What we desire to state, is the fact that one cannot expect to have a good sound, healthy, body and at the same time eat polluted degraded food--drink vile, rotten water and breathe the horrible air one finds in many places in a city or in the country where they hate to ventilate. Read this over again so as to get this idea into your head.

We desire you to take plenty of time to have this idea well established. Decide whether it is true or not.

Last summer a man had some hogs. The hogs had the cholera and except one, all died. The one that lived was fattened and the man sent half of the fat hog to his brother. At the present writing (December, 1887), some have died and all the rest are sick with a disease akin to cholera. Degraded and impure food made or produced this disease and the deaths followed.

It is asserted that the tobacco users in Greeley's Arctic expedition succumbed to cold and disease quicker than those who do not use tobacco. Why? Because the use of tobacco degrades, kills or weakens the molecules or bioplasm of the body.

It is a well known and authenticated fact that persons who continually sleep in a room lighted by a kerosene lamp, after awhile have a bronchial trouble and go into a decline. Why? Because the lamp destroys, vitiates, degrades, or poisons the air, so that it cannot be used with good effect by the lungs. Too much carbonic acid for the air cells to use. Moreover the smoke from the kerosene lamp destroys the tissues of the lungs.

It is well known that persons who drink water from wells which are the recipients of cess pools, or wells which have the settleings of the barn yard or hog lot are those who suffer from a typhoid fever which is often fatal. Why? Because this degraded water is detrimental to the body or poisons the body and THE BODY, not remaining in a state of health, because it does not have the necessary elements to keep it in health; BECOMES AS THE ELEMENTS GIVEN IT.

In other words:

The human body, or the Vital Force in the body, has no power of itself, in itself, to make rotten choleric hog meat into good, sound flesh and BLOOD.

The Vital Force has no authority to build up good wholesome fluids from poison, degraded or polluted water.

The human body has no power of itself, in itself, and by itself, to purify degraded rotten air, after the air is in the lungs.

Hence we return to our first proposition. *You cannot make something out of nothing.*

Potatoes cannot make good blood, good tissue, good formed material, good bones, good brain material or good teeth. They can make a degraded fat and can supply heat, but they are a degraded low class af excessively starchy food.

Pork cannot by any physiological change, be made into a sound wholesome, muscle, tissue, blood, bone or brain. Sound or rotten well or sick, the hog is an unfit article of food. If you think this is true, all right. If you love the hog and believe in the hog and eat the hog, we have not the time now to attend to your case. The time will come when you will be sick and there will be no remedy to make weight against the broken laws but to give up the body you have, to go into the original elements from which it came. If you think hog meat is good and that you will have long enough life to eat the hog and do well on the hog, then we say to you, that in our estimation no one has ever eaten the hog or any other unclean animals who has not had to pay for it sooner or later.

Some fourteen years ago, we made the acquaintance of a medical Professor. He lived in Illinois and lectured in Cincinnati, and later in Chicago.

In the simpleness of our hearts, we one day told this "professor" what was in our minds about the eating of certain things being detrimental to the human body.

To this, the eminent Professor said: "Digestion is a physiological process and it don't matter what one eats."

We were dried up, as it were, in our conversation.

But since we have got out of conceit of all these mass of rotten doctors, we have no hesitation in saying they are very ignorant or they are very great liars. You pay the money. Take your choice.

John Burdell was a dentist who lived many years ago in the city of New York. He made it a study to learn what change was effected on cows fed on still slops.

Here is the result of his conclusions:

As for us in our days of knowledge, we know the Vital Force demands to have good food, good drink and good habits to produce the best kind of a body; and we also know it is not possibly possible for a human body to make the best of life on a potato body, or a pork diet.

Even rice eaters are not eminent in this world's progress, nor in the world's advancement along any lines of progress.

The wheat eaters and those living on fruits and the best of the cereals are those who have the longest and best lives.

Even the cells in the potatoes are different from the cells in the starch products. And we think the very coarseness of these cells will make a difference in their being disintegrated and assimilated by the digestive apparatus.

The ordinary reader will wonder why these things, if they are facts, have not been better known, since these lines were commenced to be thought out over fifty years since.

We can tell you.

The people leave it to the dear doctors.

The doctors are so busy making money and trying to keep any one else from knowing anything, that many of these things are forgotten and many of them have been deliberately lied down by the devilish priests of Aesculapius, who have tried to keep the common people in the utmost ignorance. This is the reason, and when one goes to a doctor to find out anything, he had better go to his door post and talk to the nails which have been driven into the post. The nail will not say anything, and will not tell a lie about anything.

But you may rest assured the doctor and your priest is lying to you in the name of the devil every time they open their mouth.

Any person who drinks an impure water, whether from an unfiltered cistern, rotten as a surface cesspool, well, or MELTED ICE from a stagnant lake, cannot expect to have sound blood.

Yesterday morning the child was well. Last night it had "*taken cold.*" This morning the child has a fetid breath, a quick pulse, swelling of the neck glands, a sore throat, and it is pronounced, diphtheria, a "contagious disease."

What has occurred.

Let us suppose a different case. A child was suddenly killed by being run over yesterday afternoon. It was laid out last night. The temperature was up to 98.6 degrees Fahrenheit. This morning the child's body is bloated and swelled. Tonight it will be worse bloated and an offensive odor will issue which they tell us is decomposition.

Now let us side by side place these two cases—one a sudden death and the other a "contagious disease."

#### THE TWO EXAMPLES.

MORNING.  
Child well.

MORNING.  
Child well.

## TWELVE HOURS LATER.

The child has been run over.	Child has taken cold, is feverish.
Is dead. Laid out.	Goes to bed.

## TWELVE HOURS LATER.

Body bloated. Discolored.	Child's neck swelled, sore throat.
Slight odor. Temperature 99d. F.	Feverish. Diphtheria.
	Odor commencing. Tem. 102 d.

## TWELVE HOURS LATER.

Body much discolored. More bloated. Very offensive. Odor dangerous to health.	Child has more swelling, more sore throat, voice lost. Odor very offensive, very contagious.
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## TWELVE HOURS LATER.

Body discoloring. Purple spots, Odor unbearable. Gases coming from body.	Child dying. Purple spots. Odor unbearable. Fetid exhalation from the body.
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There is much is much similarity in both cases.

In both cases there is putrefaction.

Offensive odors.

Bloating of the body.

Offensive gases from off the body.

Decomposition.

Both go under the chemical law and commence to putrefy.

That is; they change from being living children with living bodies to dead children with decomposed bodies.

We have made the cases to be hurried and have placed more action in the "twelve hours" than would have come in some cases in the twenty-four hours, but the facts are there. We have seen the parallel cases.

What has occurred?

We say this: In the child who was run over and killed, the vital force had left the entire body to the decomposition by the chemical force.

This would be correct.

In the child who had taken cold—we say to the reader—this child had something killed inside of it. What? Blood corpuscles. These blood corpuscles being killed inside of the body by the cold, were as dead and as much free from the living, vital action, or the vital force, as if they had been run over in the street by the cars.

The vital force had left these atoms—these blood corpuscles—(mark this assertion because it will be of use to you) this vital force had left these particles of living matter and they no longer had any life in them any more than if the whole body had been

crushed. The life power had gone out of them. Therefore they had to go under the chemical law.

Then occurred the EXUDATION, made up the agency of the vital force, which, through the action of the living corpuscles, sent the dead material through the mucous membrane in the throat, the fauces and nose.

It was dead material when it came out through the mucous membrane of the throat. It was dead stuff. Same as the dead body.

Being dead, there was no more life action in it, and it went under the chemical law and was putrefied. Then, being putrefied, it had some odor to it. It commenced to smell badly. It had the same odor which the dead body had. Decomposition had set it on the exudation or the false membrane in the throat in just the same manner that decomposition had set in on the body which had been run over.

Both had been killed by outside actions of other Forces than the Vital Force.

And the same agencies were at work. Same chemical law.

It will not matter what they tell us of germs in this disease. The germs could never get there until after the part was dead.

No germ on earth can stay where the living matter is, unless that germ has some means of holding on to some tissues. The Vital Force would send the germ out of the body, or eat it up too quick.

Even in the case of Tape worm which is either armed with hooks or suckers so as to hold on, there will come every effort of the Vital Force to dislodge him. And it will do so after a while. The mucous lining will become in such a state that it will be forced to let go after a while. In the case of germs, we know from the thousands of cases that germs cannot get a lodgement unless there is something for them to eat. These germs live on dead stuff. And, as it is dead stuff they live on, it does not have to be brought from any place, since the air is filled with these germs, and we are breathing them in every moment. They never hurt us if we are clean other ways, because our Vital Force will take these germs and have them eaten up before they can get a lodgement in the body.

If any part is dead and decaying, or has gone under the law of chemics and begun to putrefy, then these germs can eat and be filled and replenish their earth right away. And when they are replenishing their earth, they will smell badly. As other things do.

Consider these matters. In the case where the child is run over

and killed, we say the body is dead, and the life power being gone out of it, the chemical law takes possession of the child.

In the second child, we say a contagious disease has taken possession of the child, when as fact, the same forces are at work in one as in the other.

How? By considering that there are dead materials in both of them, we come to the solution of Diphtheria. The disease which we call diphtheria is one of the conditions where there is a dead mass of matter in the body. This dead matter comes out at the throat and fauces, and we have it appearing as "wet vellum," a skin-like covering. This is caused, as we have seen, by the excess of starchy materials in the body, with, no doubt, many corpuscles which were killed by some cold to which the child was exposed. Both smells are alike. Both putrefy. Both have many symptoms in common. Diphtheria is a disease born of dead material which is in the body. It is dead material because it died from cold applied to the body. Died quickly, because the corpuscles were weakly, having been nourished from weak materials, viz, starches.

Starch food is the basis of all conditions like DIPHTHERIA.

Let us make a different suggestion.

Of one hundred children who were out yesterday, fifteen took cold.

Only two have the DIPHTHERIA. Four have the CROUP. One has LUNG LEVER. One has PLEURISY. Seven have BAD COLDS.

There must have existed some particular reason why only so few who take cold have the diphtheria.

There must be an especial reason, why, of the thousands of people who take the severest of colds every winter, there should be so very few who have the diphtheria as directly arising from the cold.

Examine this. The child of the age of two to fourteen is the one who is liable to have the diphtheria as produced by a cold.

When this one child has the diphtheria as arising from a cold—another may have the croup—one or two the lung fever—and another one the pleurisy and eight times as many have "bad colds."

The child who takes this diphtheria from cold is one of the apparently same kind of children who caught a bad cold and there is nothing more of it.

The child run over and killed was the same kind of a child as any of the other children. Yet when dead, it became decomposed, bloated and had a putrid odor—because the life or vital power was out of it and the chemical law took possession of the body.

We think this is the key that unlocks the secret of the cause of diphtheria. The dead child in a warm temperature, swells or bloats

and emits a putrid odor. The live child with a cold, bloats, swells in the face and bloats (especially in the neck glands) and emits an offensive odor.

Is anything dead in the live child? Let us see.

Degraded or vitiated food, water or air cannot but build up inferior, degraded and vitiated muscle tissue and formed material. Living matter, to be healthy, demands something more than starch food.

It is material which is dead in the body which makes the "wet vellum" stuff exude through the throat, and we have this exudation putrefying because of its starch basis, and here we are again at the "diphtheria." No dead blood corpuscles—no diphtheria.

When one is weak and has this starch in excess in the body, then we will have the exudation, and the diphtheria has commenced.

Mark this point, because it is one which the doctors who rest on the germ theory, will rattle you about, if it is not in your head so you can understand it.

The family who ate the diseased hog did not have the Diphtheria. They were sick and died. But no DIPHTHERIA.

Why not any diphtheria in these very sick and dying cases?

Because there was no excess of starch food in the system. Sick hog meat made sick men.

Tobacco users may be sick unto death and have cancers. But it does not put starch in the body. No Diphtheria from tobacco.

Who has this Diphtheria? Answer. Those who have excesses of starch in the body and a part of their corpuscles killed by cold.

Why do not all children, who take bad colds, have the Diphtheria?

Because all have not the excess of starch in the system.

Of the one hundred children who went out of an afternoon, and the weather suddenly turned cold and chilly.

The same atmosphere was on every one of the one hundred.

Fifteen took cold, possibly from being improperly washed, and because they were thinly clad, or from a sudden change of temperature clogging the skin.

Two of these fifteen take diphtheria *because* they have vitiated and degraded weak tissues built up from degraded food. Excess of starch food.

Four may have the croup because their bodies contain excesses of albumen from eggs, or *casein* from excesses of milk.

One has *lung fever*, because it has slept in a smoky room or breathed the gas from a burning kerosene lamp at night. Is weak in the lung cells.

One has the pleurisy from some constitutional defect or from keeping the mouth open in the cold atmosphere.

The others have "bad colds" because the skin is clogged from the lack of bathing and improper clothing.

Others who had been exposed to bad air, sewer gas, compost heaps, or slept in illy ventilated rooms could have dated their initial of typhoid fever from an afternoon's exposure to the cold with sopping wet feet.

Thus we may trace from this cold exposure after being in a heated room, pneumonia, pleurisy, croup, a bad cold and diphtheria, but the difference in these diseases, while they may start from the same initial point, cold, can be alone attributed to the differences in the constitution of the children. And these assertions are not made upon theory but are of such a nature that one may verify them in any of the winter months.

The fact which should be present, and one in which there is an entire education, is this: Corpuscles can never become degraded of themselves, because they are endued with the vital force, which is the Spirit of God. It can do nothing imperfect.

But corpuscles can become weaker and die because of the poison influences which may be sent into the body, or from causes which come from outside the body, and with these poison influences we can have the vital force driven off and death (the absence of life) takes charge of the body. But, of themselves, the corpuscles can never become degraded. Consider this.

One man may stand in a wet stable during an auction of horses and return home at night with all the prodromic symptoms of typhoid fever. The man who stood next to him may have an attack of diphtheria, while twenty men in the same place, the same length of time, will not be visibly affected. Why is this? Because of the conditions of the tissues of the body.

This fully explains the reason of the apparent certain contagiousness of diphtheria to some persons and the apparent freedom from contagion of others. The cause does not lie in the contagion which is in every case contagious (for we hold that the putrefactive odor is contagious and poisonous as soon as there is the slightest odor and, the more offensive the odor, the more dangerous the contagion,) but in the susceptibility of the person who breathes that contagion, whether he or she has degraded, vitiated, inferior, weakened blood corpuscles or sound and healthy living matter.

The reader can now decide who have the diphtheria. No one can have this disease except those who already have the vitiated



tissue in the body. No one is liable to have diphtheria who is well fed or, rather, who is cleanly fed, properly bathed and warmly clad. But no one who has been fed upon the degraded elements of pork, coffee, potato, half-turned milk, or who has drank rotten cistern water or lived in a smoky room is free from danger.

From the preceding lines of thought the reader will be able to judge of many other remote, but direct causes of the condition of body needed not alone to produce diphtheria, but many other diseases of an apparent kindred nature.

Take for example, TONSILLITIS, or inflammation of the *tonsils*.

There is certainly a depraved condition of body and the entire system if one can have *continued* tonsillitis, although any one who keeps the mouth open for ever so short a time in a dusty room or a car full of gas or a musty cellar, or near decaying garbage, might have inflammation of the tonsils for a short time.

Usually inflammation is dry, red, irritated, sore and burning, and there is no offensive breath. But mark this: When the exudation commences (and the EXUDATION PUTREFIES) the case is no longer tonsillitis. It is most certainly diphtheria, whether in a malignant or mild form will be determined afterwards.

So also the disease CATARRH. This is almost assuredly derived from an excess of undigested or non assimilated starchy food in the body. The body may be otherwise free from disease but this excess of a starch food, as of potatoes especially, and of albuminous excesses as of eggs, pastry and also from milk, (casein,) unassimilated or undigested, render the daily exudation of these particles a nuisance. Now add to this exudation from the nasal passages, the fungi, the microbes and dust generally and one can have a most persistent and chronic catarrh, which all the doctors in Christendom cannot cure unless the cause lying in these excesses of starchy albuminous or gelatinous food be removed.

Of all the food eaten in the civilized world to day none are filthier than the HOG and no persons are exempt from any diseases who touch the hog as food. Just as bad is the LARD in pastry and the LARD in bread. We have neither patience nor time to argue or beg the eaters of hog to deny themselves of such villainous food. The hog is a prime source of depraved blood.

The WHITES or LEUCORRHEA, is another disease which is directly produced from the depraved and vitiated elements in the system.

Can this disease be cured? Certainly. Easily by proper food. But never can it be cured while the women are drinkers of tea and eaters of the starchy potato and the abominable hog.

It will not be out of place to remark that many of these suffering

women expect to recover at once when they leave off eating the cause of disease. But this is not reasonable. They must shun the causes and eat the article which will tend to restore the secretions to the natural condition. That is, avoid STARCH as a staple diet, and take fruits, nuts and drink water instead of tea, coffee, cocoa or chocolate.

There is a peculiar SORE THROAT which apparently comes from a bronchial irritation. I allude to what is termed CLERGYMAN'S SORE THROAT. This condition often comes up because of sexual excesses, and is only mentioned here because there are those who do not think out the *cause* of differing diseases; and we feel certain that if the reader will examine the evidence on these lines of thought there will be new and fresh evidence of the plainness of the natural law and how to avoid many of these distressing conditions of the body.

To those who after plenty of knowledge on these lines, we refer them to the book, "The Marriage Bed," which fully explains why clergymen have sore throat, while ordinary persons do not have it. It is an interesting study, but is out of our line in this solution of the causes of Diphtheria.

If we have explained the main points in this chapter why some have the diphtheria and others do not, and if we have convinced the reader that excesses of starch food are the basis of this disease and of every kind of disease where there is peculiar diphtheritic exudation with putrefaction, then we have explained why the disease is not contagious and never has been infectious, but always from a condition of the system which must in every case precede a state which we call Diphtheria. It may be contagious after the poison is made from the elements sent into the air and become putrefied; but is never even contagious except to those who eat excesses of starch.

The boards of health are on the blind hunt with their "preventive measures," as long as they do not know what the cause is from. But this is on a par with the members of all schools of medicine who are hunting after germs or bugs to cover up their ignorance of the daily events which are passing before them. The Regular doctor is a dense bundle of ignorance and stupidity. Have nothing to do with him, but get your own knowledge and trust in the Lord Jesus and let the doctors skin their own animals. They are priests of the devil.

If this statement of facts is correct, what shall we say of the "Klebs-Löffler bacillus, which is said to accompany every case of Diphtheria?

We answer that the bacillus had no business in the throat until the exudation was and then when the exudation has been putrefied, the dreadful bacillus is on hands to be interviewed.

This is the long and short of it.

What of bacteriologists who have made such wonderful discoveries in the past twenty years and have found out so many kinds of "spores" and "bacteria" which are to eat up the human race? We answer that all the bacteria on earth can never touch anything living, nor can it gain a foothold on anything living, until the living matter has been killed or has gone under the chemical law and then the "germs" can live in these decaying and putrefying tissues. Not until then. If there is nothing to breed in, then there is nothing which can live in the case. But once the tissues become rotten then we have bugs from the air and "germs" galore, which can expect to be fed and can exist and multiply as long as there is food to eat (which must be putrefied food) and warm air for them to breathe.

Help all your neighbors and assist them in every manner as long as you are not a pork or potato eater and as your own body is free from uncleanness. But, if you are unclean or have eaten of these starch foods, you will be liable to catch any thing there is going. You will find this correct. NO STARCH, NO DIPHTHERIA. NO PUTREFACTION, NO BACILLI; NO CAUSE, NO EFFECT.

Do not take our word for this; think it out for yourself, and, above all, take time before believing any assertions of any one. Is it reasonable to expect something could come from nothing?

**Why in the throat.**—Why does not this condition produce something on the thumb?

Why do we not have this disease on the great toe?

Why in the throat?

The reason why we seldom have diphtheria in other places than on the mucous surfaces, is because the mucous surface is in the condition to have this exudation come through at these soft and moist surfaces and the mucous lining, so called, is in the condition to allow this stuff which is on the inside of the mucous lining to be pushed out.

Beside this, there are large bodies, which are called glands, which are soft and spongy in the throat. The tonsils and then there is a great gland just below this which is called the Thyroid gland which has numerous arteries and lymph spaces. These are filled with lymph and blood and when nature gets ready to send out this stuff from the body she can call on these glands at once to yield up their amount of effete stuff with the starch which is yet unchanged in those places as well as all over the body.

Also, because there is a continual moisture in the throat, making the mucous linings softer than at other points, say on the thumb and on the great toe, where there are no mucous surfaces.

Kindly observe.—The same conditions produce like results.

When a man or woman is fed on hog meat and seldom wash their bodies they become filled with stuff which the vital force does not desire to have in the body. It may not be an excess of starch; but simply an excess of dirt. An excess of hog meats and filth in a general manner.

Then this body from any cause will receive some kind of a bruise, often on one of the fingers or the thumb. What comes in this case?

We can tell you. If the injury is deep enough to strike the bony covering which is called the Periosteum, there will be PAIN, HEAT, REDNESS and SWELLING. Then what? Then there will be what the doctors call a FELON or a WHITLOW. Or in some localities they will call it a "RUN-AROUND."

Any way it is called, it will be very painful and will take some time to get rid of it. Why?

Because of the old stuff which is filthy in the system. The Vital Force has no other chance to send out this material in the body through any other excretory opening, and the Vital Force sends it out through the place where there is something dead; where there is likely to be an opening.

That is, there was something killed when the injury came to the bony tissue or the covering of the bone which is called the Periosteum, and when this part of the body was injured so it would, some small part of it, become dead and then go under the chemical law, then the Vital Force would send this old stuff there and it would swell and fill these tissues full, and there will be untold agony in the parts.

The Vital Force sends out old stuff and dead stuff to this opening, and it will run until the worst of it is out of the body. This is the cause of felons and whitlows and "*run-arounds*."

I have never seen any person who had one of these agonizing things or conditions on finger or thumb but what the party had been a great lover of the hog. I am telling you this. Some one else may have had some other experience. I have had no felon in the sixty-six years of my life; never had a felon, whitlow or run-around.

Diphtheria is born of excesses of starch and any other kind of filth and a chill which kills these weakened and faint blood corpuscles, and when the life power is out of them, then they become disintegrated and are ready to be pushed out at some point.

The easiest point is at the throat, because the mucous membrane is relaxed there more than almost anywhere else, and so it comes naturally on the throat.

WHY DOES DIPHTHERIA APPEAR IN THE THROAT?

1. Because there is a soft and porous membrane in the throat through which this exudation can easily be sent out or sent through more easily than through the thumb or through the great toe nail.

2. Because there is an increased activity in the throat from swallowing and the heat and moisture is already there instead of being elsewhere. But this exudation in some cases may come out through all the bowels as has been discovered several times after death.

3. Because the Vital Force sends it out the easiest place to get rid of this old material which is in excess in the body. By reference to GOITER, it can be seen at a glance why the throat is the easiest place to get rid of it. If everything else would be right, as in the case of Catarrh, then this material could be SPIT OFF or hawked up and gotten rid of as the victims to Catarrh have to do.

Lastly because the neck has the circulation in it and very little muscular striata to send the exudation through. Diphtheria can at times be found on any other mucous surface of the body.

We now have some very important news to say to you.

You read what "DOCTOR AFFLECK" said in the Encyclopedia Britannica. "That no one could make sure but a medical man." Do you call it to mind?

Here is the important news.

No doctor on earth will know as much as you do in five minutes unless he has read this book.

When the exudation comes on the Pharynx, it is called "PHARYNGITIS," provided—mark this point—provided it does not putrefy.

If it should putrefy, it will be DIPHTHERIA. You can watch it and soon see.

If the exudation appears on the tonsil, as it most usually does, and it does NOT putrefy, it will be TONSILLITIS or inflammation of the tonsil. In many cases there may be swelling of the tonsils and when these tonsils swell up they are liable to burst open (unless they may be lanced) and all the stuff which has been gathering there for many months will be poured out into the throat.

What you want to know is this:—Is the case before you, one of diphtheria, or is it something else?

If the patches which come on any part of the throat seem to grow larger and turn yellow, we say to you, that is Diphtheria.

If the patch soon comes off and there is much better feeling in

the throat then, if there is not any spot to speak of, that is PHARYNGITIS. Or in case the whole throat seems to be somewhat filled up and there is somewhat of a mucous to be spit up it may be LARYNGITIS. Inflammation of the Larynx. In which case there will be a red or purple appearance. But, if it spreads, no matter where you may see it and how it may look when it comes at first, whether white or grayish or yellow, we say to you if it spreads and grows larger, then it is diphtheria, and it has attacked the throat because it is the easiest and softest place to push out these excesses of offensive starch and push out the dead and disintegrated blood corpuscles which have been killed by some cold.

TONSILLITIS, or inflammation of the tonsils, usually comes from cold. But there is usually, or seldom, any exudation or any patches in tonsillitis. The tonsils swell up until the throat becomes almost shut up and the person can hardly swallow anything or take even a small drink of water. The swelling may be dreadful and there may be some smell to it or some bad breath. Swelled tonsils are called QUINSY.

But one can tell in one second whether it is diphtheria or not.

If there are no patches and only the tonsils are seen to be swelled until they nearly shut the throat up, and one is sure there is no exudation, then the diphtheria is not there. There is nothing in the case, as in diphtheria. It will be treated of elsewhere, but there is not any diphtheria, although it has attacked the throat. Why? The office of the tonsils is not well understood. They are two glands, one on each side of the throat, situated in the back part of the throat, and usually the diphtheritic patches will be found *on these tonsils*. (Tonsils are reservoirs for lymph, oil and moisture for the purpose of lubricating the throat.)

Where it is only tonsillitis, the tonsils will be found swelled, and then break open and discharge a yellowish and putrid matter, and the case will get well speedily. This is QUINSY.

When the larynx is affected and patches may appear, if there is only some white floating specks which appear to run up and down like so many scabs on the throat, then this may be called "LARYNGITIS." Not diphtheria.

But when, from any cause, on, or in any place, the stuff exudes through any part of the throat, and appears to putrefy, grow and accumulate, then be assured it is diphtheria; whether mild or malignant, time will tell.

The reasons why all these diseases and conditions apparently affect the throat may be seen by reference to GOITER, where it will be seen that the nerves and arteries, as well as veins, and much

circulation centers in the throat. Then we have the rapid circulation of air tending to show cause why an exudation would sooner putrefy there than anywhere else in the body.

The exudation comes out through the throat because of this situation of blood vessels and warmth and because the mucous membrane at this point is softer than in many other places in the body.

Although this same kind of exudation can come in any other part of the body and under the old regular school it often does come in other places and the parties die from what they term Diphtheria.

In many persons when they do not have any trouble whatever in the throat, there can be found small lines of whitish material which appear as if there was matter there. It is hawked up and spit off every day and nothing thought of it.

This condition may be called a mild case of laryngitis. It is of the same nature as diphtheria but is not dangerous. It is an exudation. They call it *catarrh*, or *laryngitis*.

If however this person with this mild form of Laryngitis goes into the room where the particles of mould and other stuff may be floating about and these mouldy particles catch them, they may be sick for three or four days, or longer. Why? Because these particles which were there appearing as small patches will catch these mouldy atoms and they will mould and become offensive. Perhaps be re-absorbed into the system.

We have seen farmers who have these throats who have been sick from working in mouldy straw. From handling musty hay. Anything mouldy would have the same effect on them.

These conditions appear on the throat because there is an excess of effete material in the body and it is pushed out at this point to get rid of it. But is not diphtheria. These persons do not have diphtheria any more readily than others., since there is a continual outlet and the stuff finds its way out of other excretory openings as well and another reason is, because they do not have this great excess of starch which the ones do, who have had rapid Diphtheria.

As an instance that the throat is the part where there is more activity and where there is danger from the time one gets the excess of starch in the system, we repeat the case of a celebrated clergyman on the Pacific coast who dreamed a few nights before he was taken sick, that he had his throat cut from ear to ear. He woke up and found it was only a dream. But he had dreamed it.

In a few days he was attacked with diphtheria and the doctors (Priests of the devil) could not do anything for him, because (as they said) the "disease was too far advanced." He died of course.

The point is here. When he dreamed this horrible dream, if he

had been educated in the matters of physiology he would have known there was something wrong in the body, and he would have gone to work to have had the body all cleansed out. But he was ignorant and trusted to the other priests of the devil and he died.

Well may we read in the Bible what God says of the world:

*"My people are destroyed for lack of knowledge."* And they are.

**What Age and Why?**—Although Diphtheria can attack any age it is most frequent from the age of TWO YEARS to the age of SIX YEARS.

Why should there be any difference in liability to Diphtheria in respect to the ages. We will try to explain this also. The liver is naturally larger in younger children.

In early life, the starch cannot be so readily digested as it can in later life. No child under the age of three years should be fed on any starch food exclusively; even if it is soft food. The records of twenty years in the Sainte Eugenie Hospital (no adults being admitted here) in relation to Diphtheritic patients, the ages were as follows:

Under one year 81 cases.	From 6 to 7 years 59 cases.
From 1 to 2 years 314 cases.	" 7 to 8 years 36 cases.
" 2 to 3 years 319 cases.	" 8 to 9 years 24 cases.
" 3 to 4 years 212 cases.	" 9 to 15 years 82 cases.
" 3 to 5 years 200 cases.	" 15 to 17 years 2 cases.
" 5 to 6 years 103 cases.	

You can see, if you will think, that there are causes for all these conditions, and if you desire to keep your precious child from these conditions we assure you that you can do so if you will keep the starch food away from the child and let it have all the fruits it can eat.

It might be asked what would we do with the cases of animals who have this disease which has been called Diphtheria? Pigeons, hens and birds?

We answer if any of the lower animals are fed exclusively on one diet they have these conditions which are observed in the man.

If we feed a horse on corn exclusively, it will go blind.

Corn, just taken from the field, will be liable to "colic" the horse. Feed with corn which has been well frozen and it will go all right. Thousands of horses have been made blind by feeding on corn altogether. Why should this be so? Because there is too much starch in the corn for the horse to digest; or there is more starch than can be digested by the horse when he is well or sick.

Chickens just out of the shell will choke to death if fed on corn meal which has been ground up finely. They will fill themselves



full of this "dough," but they will soon choke up and die. This is because they cannot digest it in this state. We find the liver in children being much larger in proportion than in the adult, may be one reason why there is more starch in proportion, than in the adult. The liver is said to be filled with animal starch or, as it is called, "GLYCOGEN." Which means animal starch. Add to this an excess of starch in the form of potato and we have the condition which is ready to "take" diphtheria. They can have it without germs of any kind.

Chickens which are fed on "soft corn," or imperfectly dried corn or other articles, will have diseased conditions which we may call by any name we think proper. But the base of these conditions will be in the food. The basic cause will be in the food and drink. Then, when these fowls have had this "pseudo-membrane," and it has become putrefied and poison in itself, it can be inoculated into other fowls and a putrefactive disease can be produced in the ones that have the poison in them. Provided they have the basis of the same excess in them that others had begun with.

Thus, if any child had been an excessive eater of breads and mushes and oat meals and milk from doubtful cows and was exposed to the poison of Diphtheria or any other mouldy particles, as for instance, mildewy straw stacks, then it would have a disease akin to diphtheria, just the same as if it had been an excessive eater of potatoes.

Sleeping in illy ventilated rooms would give some what the same result. Sleeping in a room where there was a kerosene lamp burning away all night, will render the blood impure and filled with impurities so that one can have some exudation in the throat as if they had taken in something on the same line.

If we desire to have COMPLETE PREVENTION OF DIPHTHERIA, then we should have proper food (not an excess of starch) and pure air and clean places to go in. In this manner we will have complete prevention of Diphtheria. And we shall never have complete prevention of Diphtheria until these excesses of starch food are kept away from the little ones, and never will we have good health until the hog is shunned in every manner as food for all classes on earth.

When this time comes we will have perfect health and there will not be any more need of doctors. Pure air, good food and clean water.

To keep clear of Diphtheria, we say to you keep clear of starchy food.

To keep clear of Diabetes, we say to you keep clear of allowing the child to eat potatoes.

To prevent all the diseases, such as CATARRH and CROUP, which are of the spasmodic kind, we say to you, avoid eating starch food. Potatoes stand first and OATMEAL and BARLEY stand next in point of danger.

You can have other diseases and conditions, but the condition which is known as Diphtheria can never gain an entrance when the child is an eater of fruits and vegetables which do not contain the excess of starch that potatoes and barley hold in them.

You may have the diphtheria if you use milk from some cow that has been fed on potatoes, and we have known the cases where they buried two children who were fed on milk from a cow and we learned afterwards that the nice milkman fed his cows on potatoes which were left over and thrown out from some hotel, and also the parings of other potatoes used in the hotel left from the hotel cook.

The cases were known to us. But the neighbors thought we were cranks.

We say to you, keep the children from taking cold by having them bathed all over daily and by having bands around the bowels and warm places for their feet to be when they are in school.

We say to you, not to eat those vegetables which come from some cellar which has been in a state of mildewy poison for many years. Filthy and vile.

We advise you not to have your children sleep without air in abundance. These are good pieces of advice. But, while you can fool along with many kinds of diseases and have many conditions which are very fatal and will make you agonizing moments, there is no disease by the name of Diphtheria which can ever come to you if you will prevent the children from eating the starchy potato.

One more condition because the doctors will never tell you of it.

It is called the "CEREBRO-SPINAL FEVER." We will briefly say to you it is very fatal and has to be treated in great haste as the victims only last from twenty four hours to forty eight hours and are dead. You desire to know the cause. We can tell you of a cause which is never mentioned in the doctor books.

When the bugs took the potatoes, they commenced to poison the potato vines with PARIS GREEN. The dust from, this poison green went on the leaves and the rains came and the Paris green went into the rootlet and so on into the tuber and finally poisoned the potato and was tainted Paris green. When the children had the potatoes boiled with the jackets on and the Paris green went down in varying doses, by and by there was reckoning and then the children paid the bill by being very suddenly sick when they were sick and within twenty four-hours they were dead with

CEREBRO-SPINAL FEVER." No! the doctors can never tell you any of these causes. These doctors are on the hunt for bugs, germs, parasites and other varmint and they cannot stop to take a good American breath. We are living and still we shout to you, take your child off from eating the filthy, starchy potato if you desire to have it live and grow up and be well in body and in mind.

Before attempting to try anything for your own self, we would have the reader to make sure on one point and we are sure, if the reader is a thinker, that there will be a oneness of opinion between the writer and the reader. To-wit: That the doctors who are educated in colleges to believe what some one else says of the conditions of children; have never reached the foundation of the causes of Diphtheria and that these doctors do not know anything about the disease and not knowing anything about the disease, they do not know how to intelligently treat it so as to be sure of saving any case. This is the preliminary step which we think is very important for the reader to settle in his or her own mind.

The doctors will be a burden to you. He or she knows absolutely nothing of this condition of the causes of Diphtheria,

If you have opened your mouth to the doctor and have told him anything to benefit the case, be sure that always afterwards that doctor is your bitter enemy. He hates you. We forgive the ones who have injured us. We never forgive those whom we have injured. When once the doctor finds out that you know something of the disease he is treating, he hates you. We do not know the cause; we know it is so and there is the end of it with us. Tell no doctor anything of your knowledge. Keep your own counsel and leave the doctors to do as they think best. You cannot convert a doctor any more than you could change the devil. God is not converting or teaching the devil anything; you cannot do any good in trying to teach the devil students, (who are the doctors) anything. They have self conceit but no knowledge. And, if you are fool enough to try to teach them, they will try to poison you whenever they get the legalized opportunity.

If we can have you to comprehend this fact, that it is first cold after the eating of excesses of starch food which kills these weak and faint blood corpuscles and that it is the presence of these weak and dead and finally these disintegrated blood corpuscles which form the basis of the stuff which is exuded through the mucous surfaces as "wet vellum," or some wet leather, sheepskin for instance, but that at the very first we have only the exudation of these disintegrated blood corpuscles and some of the undigested starch; and that this cold being unalleviated makes more corpus-

cles to die and that everything which tends in any way to make more cold or have more of these disintegrated corpuscles will only fasten the condition to be worse, then you will be careful of the child with a cold and will cure the cold, and if you can cure the cold before there is any exudation in the throat, then you have prevented every case of diphtheria that ever existed.

But the doctor says the child might have caught the germs. The doctor may believe so; but because the doctor is an idiot it is not any sign you should be one.

If your child catches ten thousands time ten thousands of germs from every place under the sun, it or they (these germs) will never kill or do him any harm so there is no nest for them to breed in. If the corpuscles are in good condition then your child is safe.

The next point is this: If it is true that the Lord has given you this knowledge there are two classes you have to think about.

You may not have Diphtheria today nor will you ever have it unless you resolve that you do not believe what we say. But you have two straight duties to do. This knowledge is given to you freely. The writer has tested it and knows that hundreds and possibly thousands of others have tested it and it is successful.

**Mild Cases.**—Whenever you see the glands of the neck anyways swollen, or you learn of any sore throat anywhere, or you smell a bad breath from any child, you can be sure something is wrong in the body which needs attention.

Bear in mind that what may appear to be only a cold at the first becomes, if left untreated, a severe and fatal case of diphtheria. Therefore, every case of cold in any form, if your child has been an eater of potatoes or an eater of cakes, or has fed on milk from some set of cows that have been fed on starchy potatoes or any excess of corn, or cows that have been fed on slops from the breweries, we say if your child has been fed on these foods, the bad cold may become a very severe case of diphtheria, and even a fatal case, before you have any idea of its being diphtheria.

Observe this series of facts, and by so doing you will save yourself much trouble, and get the child clear of any complications by doing the right thing in the right place before any of the unpleasant things come on you or on the child.

The following series of facts, recapitulated, should be impressed on every parent and on those who may have the responsibility of the patient.

(a) Before the membrane has formed we have only the matters which are in the system to oppose. They are not yet poisonous.

(b) When these matters have come out, or have been exuded or

pushed through the membrane in the throat, then we have a different condition, which condition is one of dead material already in the throat and ready to putrefy.

(c) As soon as the air and the breath and the warm sputa touches this exudation, then we have the third state, which is—

Sourness, putrefaction and the commencement of the hatching of the germs, which are common in anything putrefying or in anything mouldy.

In these mild cases, there can be much quickly accomplished but there comes one more stage, which we will think of as:

(d). In which this putrefying matter has been exuded and then putrefied and then absorbed back into the general circulation, and the longer this last state continues we will be immediately approaching death from what is termed BLOOD POISON, because the matters themselves, which were free in the general circulation before and went up and down, no doubt every day a hundred times, with impunity in the general blood current, having been pushed out by the Vital Force into the throat and then putrefied, are now filled with putrefactive poisons, and as such poisons, having been taken back by the blood stream, go all over the body and soon poison the patient in the very minutest citadel of life—the corpuscle—clog and poison the glands of the heart.

As long as the blood stream is fairly free from poisons and other material which is obnoxious to the blood and to the organs of life, especially the heart, we have life untrammelled by any weakness. The blood being the life, we have an abundance of life as long as the blood is free from these poisons. When the blood becomes poisoned with putrefactive matters as are the absorbed putrefactive matters which have been first the exudation and then the putrefactive membrane, becomes the home of thousands of germs which are ready to form into life anywhere under the influence of heat and moisture, and we have a rapidly dying condition of the rest of the well blood corpuscles which may be in the blood current.

This last state is one of the worst in all states of diphtheria as well as in membranous croup. And the very sooner one can see these conditions and not do any waiting the sooner we can have the system free from any complications which will come after we have allowed this membrane to come there and then to be putrefied and then reabsorbed into the general circulation.

One will only take a few minutes to have the series of states in the mind and if one can have this knowledge so it will be available before the steps are to be taken on the patient and know from

even theory what is expected, every step will become lighter and brighter until we have the patient in perfect health.

In order to have this perfectly plain to you, we will recapitulate the symptoms to you so you may make no mistake in the selection of your remedies at the right time. The cold first kills some blood corpuscles. Therefore, the first thing with every cold, is to break up that cold at once.

After the cold has killed the blood corpuscles and the dead blood corpuscles have become disintegrated or pulled apart and begun to decay and go to pieces inside of the blood stream, then the Vital Force, sends some of these materials to the throat, where they are commenced to be pushed through, and this pushing through the throat is called exudation, (which means, "going through a place; or seeping through, as it actually does in these cases,) and this exudation, being in the form of a pasty, starchy mass, on the throat, will then look like "wet leather," or wet sheepskin and is ready for the next step in the process of the disease.

The next step after this exudation is shown to you, is the sourness from the air and then the pseudo membrane *putrefies*.

That is, this stuff which came out through the throat putrefies where it has come out and we have bad breath.

So far there is not the least danger in any case of Diphtheria.

So far you can cure every case and do it so rapidly that when you have accomplished it, you will have great success and confidence.

But one more step in the progress of the case is going on and this is the absorption of this stuff which has been called membrane and which to your eyes is a yellow patch on the walls of the throat or on the tonsils, we say to you that there is another step in progress of the case and this step is the absorption of this poison into the general circulation. Or, in other words, the poison will be taken up by the blood vessels and taken over every part of the body and you will have what is called "blood poisoning" and which is very fatal, because we cannot reach this poison so readily after it has gone all over the system.

**For a Cold.**—When any one has a cold, which may be known by sneezing; by snuffling at the nose; by hawking up phlegm; by having some stinging in the head; by breathing less free than formerly: by having the nose stopped up; sometimes by red cheeks; being sleepy. Then this cold at once should be broken up.

A cold is a sudden chilling of the skin, although it could come from suddenly drinking too much cold water in a warm day. But usually this cold comes because the skin has been suddenly shut

up the cold air or cold draught and this cold draught will chill the skin and kill the corpuscles and then we have something in the body—in the blood stream which we should get out, and when this is out, the patient will be free from the cold.

Mark this carefully. If one has a fairly good stream of blood which has been made from good food, we need not worry any about the cold.

Mark one more fact: When the child has been washed all over in cold water each day early in the morning, there will not be much danger of having any cold from any source.

**TO BREAK UP THE COLD.**—Have the patient in a warm room, well ventilated. Let the patient go to bed and stay there, but if not sick enough to do this, keep the child in the warm room and give every hour (if the case is six years of age—more if older and less if younger), a fourth cup of composition tea. The food should be fruits. Some nuts may be given in case the tongue is not coated. This will “break up” the cold in less than forty-eight hours and usually in one night.

That is: Give the child the composition tea when going to bed and if the composition tea is not at hand give a sage infusion well sweetened with honey. One cup of this infusion will usually break up a slight cold, but it may take more and many more in case the child has been an eater of starch, potatoes and pastry or has been a drinker of coffee since all these articles of food are detrimental to the child's body.

If the tongue is coated and does not clean off with one or two of these cups of infusion of sage or composition, then we advise that this may be a severe case of cold and two more steps are needed.

1. Give a large injection to the bowels. We think the injection, made of four quarts infusion catnip herb, will be the best article to use, but in case the child is very fleshy and is not easy to manage, we advise you to give the injection of an infusion of raspberry leaves. Take one handful of raspberry leaves and put in a large pitcher and turn on two full quarts of boiling soft water. This will steep in ten minutes and will be an excellent thing to cleanse the bowels.

Have a fountain syringe, in case you can use it on your child, but if the child has to be held or forced to take the injection, have a good bulb syringe and force the warm water (which should only be pleasantly warm, and not too warm) and see that the water goes into the bowels enough to get a good movement from them.

The child should usually have this injection given before it goes to bed. Say one or two hours after supper, if there is no doubt

about the bowels having been freely moved during the day time. Or, if there is a coat on the tongue and short breathing, it is well to do this at any time, only be sure not to have the child in cold air suddenly afterwards.

**IF THERE IS FEVER.**—Make the fever tea from the “fever powder” and give alternately one dessert spoonful every half hour, alternating with the composition tea. That is, give one tablespoonful, or two tablespoonfuls if it is a large-formed child, and in half an hour for the fever give one dessert spoonful of the fever infusion every half hour for child of six years.

This should clean off the tongue in any bad cold, and will break up any ordinary cold in twenty-four hours.

We assert, that sage tea, composition tea, the injection and the warm room, with only fruit to eat and lemonade to drink, will break up any ordinary cold in twenty-four hours.

A coated tongue, where it is yellow and white, possibly dark in the center, with croupy sounds and rattling in the throat, should have an emetic at once. That is, if by trying the remedies for a bad cold, you do not succeed in having it better in twelve hours from the time you commence.

If the throat is sore at bed time and nothing else seems to be the matter, wrap a cold, wet towel around the throat and a dry one over that and have the child have warm feet, a cup of composition and let it go to bed.

But if it is croupy besides this, let it have the emetic at once. Then give the injection and a bath and you will usually cure the case because you will have skin, kidneys, and lungs free from any of the stuff which will be desirable for the vital force to push out through the throat. In these mild cases where there is only a cold you will find it easy to treat them if they have not been potato eaters and harder to treat if they have been continuous eaters of the starchy foods of all kinds, fine flour breads as well as the starch potato.

The point we would have understood, is this: If the patient has only a bad cold, break up this cold at once.

If it is from exposure, these steps of composition or sage tea, or in case there is some croup and fever the use of the fever powder (see appendix for its composition and how to make it up) then we say this condition will soon be overcome. Why? Because you will have the skin in good condition; because you will have liquid enough in the body to eliminate all kinds of effete material from the kidneys; because the injection will relieve the bowels and finally, the infusion will assist the vital force in sending out the dead and dis-



integrated blood corpuscles into the outside of the body where they can be washed off.

In the cases where there has not been any attention paid to the food then the case may take some time longer. We are speaking of colds. But this treatment will accomplish the desired results.

In cases where the mother finds the child has the bad cold and is snuffing and sneezing, we advise that it is kept from school. We tell you to never mind the school house with its illy ventilated rooms compared to your rooms at home.

If we could advise more in particular we would advise you to have one room where there was a fire place or a grate, where would be the living room, and there make things as comfortable as possible. In case you cannot do this, have the ventilation perfected, as we advised in another chapter. (See Ventilation).

Then have one room as a living and playing room where there are no carpets. Have things clean and sweet. If you must have a carpet, have the Lineolum or the straw matting, and keep it from dust and gems, which hatch in the dreadful woolen and other kinds of carpets.

Ingrain and any other woolen carpets are a detriment to good health of all parties and especially the children, who are apt to get on the floor and thus breathe the very heaviest of the air and the waste and effete matters from the older ones, who may have breathed the air over once, and had it fallen down to the feet, and there it will stay until sucked up by some one else or by some outside current, as we have described in the chapter on ventilation.

**THE Milder Case of DIPHTHERIA.**—Popular books on "Practical Medicine" say there is no specific for Diphtheria. We tell you differently. We know what we are after, and we tell you there is a SPECIFIC. It is all right, as hundreds of grateful people can testify.

This was sent to us from the Pacific coast by a gentleman named Brown, at the first, and we thank him publicly, as well as thank God all the time, for the knowledge which has come to us from so many sources.

**THE SPECIFIC FOR ANY CASE OF DIPHTHERIA.**—Take of best Cinnamon one half pound. Take two ounces of best Cayenne and sift them together.

Of this compound, take one even teaspoonful and place in a cup.

Fill full of boiling soft water. It can be sweetened, and for children should have so much sugar as can be dissolved, so it will take off the extremely hot taste of the Cayenne pepper.

We will say to you, this is a very hot dose. But it can be made

weaker or stronger, and can be fixed so it can be given in the mildest cases or in the worst case. But make it so it will be very warm to the throat, and when this is sweetened good and strained, some of it can be given to the child of six years in doses varying from one dessertspoonful every twenty minutes to a tablespoonful every hour and a half.

In case there is any membrane whatever on the throat, then we say, give one tablespoonful every ten minutes until you have this membrane all off. It will take it off the throat and shut up the throat so there will be no more rapid reproduction, and the membrane will not accumulate there any more while the child is sick. It will effectually stop the growth of the membrane.

How does it do it?

We can tell you something of its effect, but as to all its effect, we do not think we could fully explain unless we had more space than is in the size of this book.

1. The Cinnamon shuts up, by its astringent action, any chance for more of the pasty, starchy stuff from being sent out through the membrane, because the membrane is so much stimulated that it is shut up. Astringed; drawn together; closed up.

2. The Cayenne will kill all germs and micrococci in the membrane, and will stimulate corpuscles of blood to have them out of the way. The germs are killed with any dose which can touch them. They cannot stand the action of this stimulating infusion.

Then the combined action of shutting up the membrane beneath and stimulating blood corpuscles beneath this membrane to do something else with their dead stuff will stop the membrane (so called) from being thrown out at the throat any more.

3. The action of cayenne infusion, or in any way, going into the stomach, will be to call the blood to that stomach. When the blood is called to the stomach, there will be an action of the gastric juice and much of the stuff which is in the blood stream will come into the stomach. Thence a light emetic can bring it up, or it can and will be passed off through the bowels.

Anyway, when this cinnamon compound goes down the throat, it will affect in four ways:

- (a). Will kill the germs and bugs in the membrane.
- (b). Will stimulate the membrane and the blood corpuscles behind or back of the membrane.
- (c). Will carry off some of the rotten stuff into the stomach.
- (d). Will cleanse the throat.

Bringing extra amount of blood to the throat and allowing some of the glands to send out their secretions, will give a power to

swallow that does not hurt as it would have hurt to swallow before this cinnamon compound had been taken.

So we rejoice to tell you that if there is any specific on earth besides the emetic, this cinnamon compound is, without being in any ways poisonous, the specific. We have tried it and know it is the thing for all mild cases of Diphtheria. It is a specific for Diphtheria in mild cases, and we will come to the specific for hard cases in a short time.

In instances where the mild cases have only the sore throat, and where the person cannot stop to lie still, and desires to work, take a cupful or more, as the patient can drink, having it well sweetened, carrying it with you in a bottle.

Take during the day, every hour or every half hour, while the throat feels any ways sore or dry and there is any difficulty in swallowing. If no more than one or two tablespoonfuls every hour by an adult, it will generally clean off the throat and leave the whole body better in six hours. But these must be mild cases, and there is not a particle of use in stopping with a mild specific when there is any danger of having a severer case on hands if not attended to.

#### TREATMENT FOR SEVERE CASES.

The numberless treatments and remedies for diphtheria will not be introduced in this chapter, nor in the book. We have no time. We do not care anything about them. We have tried many of them and have seen others tried and fail.

We invite your attention to a treatment that does not fail. We place before you a class of most certain remedies that are at enmity with death. We urge you to get the principles of this treatment well established in your brain and you are prepared to save every case which is not already struck by death. EVERY CASE. We know of no such word as fail with this treatment and we cannot conceive of a case dying of diphtheria where the treatment is carried out.

We have seen some bad cases. Throat swelled; patient purple and nostrils closed and solid. They lived. Before we had this treatment we called in *counsel* and all such cases died.

We have seen "allopaths," "homœpaths," "botanics," try, and while some of them have been and may be, in some cases successful, yet the great majority of malignant cases of diphtheria die.

Never have we feared since we first began this treatment and never has a case been lost. We have taken the baby at the breast,

and the head of the family, the bread winner and each case rapidly recovered.

We have had a family very bad and sent the medicine, because we have been so crowded we could not personally attend, but the directions were followed and this treatment brought them through to life and health.

This seems to be extravagant language. It is extravagant if one does not know the facts in the case. But when you consider, as is most certainly the fact, that in this treatment we are in harmony with the Vital force, which is the Spirit of God—a spirit which is loaned to us and which has charge of this body while we are on earth—and that this treatment consists of aiding this effort of Nature to cast off these dead, dying or disintegrated particles of matter which are being pushed through the mucous membrane and is really the Cause of this condition which we call diphtheria. Then there is no extravagance about it, but naked, simple fact.

We do not place it before the readers as an untried or uncertain theory, because the theory of its cure is absolutely correct. This theory may be said to be combined in two words—STIMULATION and ELIMINATION.

The remedies used are all vegetable and all safe. No one poisonous article is used, and not a dangerous article advised. We do not advise any reader to solicit cases which are already killed by the poison giving allopathic physician, but we advise every parent to take the children at once out of the professional care of any allopathic doctor, and doctor them personally. We say this treatment is as certain of curing diphtheria as it is certain that we have described the disease.

Our first step is to procure a good Composition. (See appendix for formulas of these Remedies and advice about procuring them See also pages 184, 185.)

Of this Composition, take one heaping desert spoonful and place in a pitcher, and turn on one pint of boiling water. Call this tea the No. 1.

For the second have a handful of raspberry leaves, and make one pint of infusion of these leaves. Call this No. 2.

Have one heaping desert spoonful of the coarsely ground herb of lobelia, and make one pint of this by turning on boiling water. No. 3.

You have now three infusions of about one pint each.

If the patient is a child of five to eight years of age, this is enough. If the patient is fourteen to eighteen, you may need twice as much.

Now make two quarts of corn meal gruel.

Good gruel should be made as follows.

Have four quarts of boiling water on the stove in a clean kettle.

Wet a cupful of sifted corn meal in cold water. Stir this wetted corn meal into the boiling water and stir with a wooden spoon constantly. When it has boiled hard ten minutes, set it on the back part of the stove and let it remain warm and covered for twenty-five minutes longer. Then salt it to suit your taste. It needs to be quite salty and quite thin.

With these three infusions, you are now able to conquer every case of malignant diphtheria that is alive, and some that are apparently in the very jaws of death.

The first thing is stimulation and also strength.

For a child of ten, give a half or one-third cup of composition, strained through a fine strainer and pleasantly sweetened. Next give half a cup of warm, thin gruel. Let these follow one another quickly.

No matter how sore the throat is, how dry, how tender, how much closed up, that little drink of composition makes it better. The gruel follows and sheathes the parts over nicely.

If you desire to use a gargle, there will be no objection.

You can use the diluted No. 6, or you may use the composition tea; or you can use the raspberry tea. In case you have given one round of this series of medicines, you will find the stuff will peel off from the throat, and the nose will commence to run, and the stuff which has been said to be like "wet vellum," or leather, will come out with every mouthful of gargle. But do not worry the patient with any gargle, unless it is pleasant and easily done. An older person will like the gargle and may use it before drinking every second cup but the children do not seem to care for the gargle, and it is of no moment, although one might think so when they see the stuff coming out of the mouth which is brought up by the gargle. But if it cleans off and goes into the stomach, we will soon have it up and in as good a way as if it was all gargled off.

In five minutes or less, another half or third of a cup of Raspberry leaf tea, (No. 2) is given.

Now notice that the throat is better already, if you look down and you have bettered the throat, the patches on the throat have probably gone down into the stomach. Give another dose of composition tea and No. 2 in five or ten minutes more. Make it half or one third of a cup full and see that it is well sweetened and clearly strained. In five minutes after, a good cupful of raspberry leaf and more gruel. Be certain to have them warm and not too warm,

but nice to the taste. Taste of each tea and each cupful of gruel yourself. See how it tastes to you.

Observe a little point right here: If the person does not like the gruel, do not force them to drink it; but have the teas taken instead of the gruel and if the raspberry leaf seems to be offensive, then try a tea of catnip, the herb. Or you can make a tea of Peppermint with excellent results. But if the gruel is liked, then make it and give it every time you give the other teas.

These eight cups of liquids, four of medicines, stimulant and astringent and four cups of gruel, have cleaned off the throat wonderfully. Oh! its sure, certain and safe.

You do not need to say that the little one cannot drink it. You are the parent, guardian or doctor. The child will be easily induced to drink a little sweetened tea and it so readily clears off the throat that no sensible child will refuse to take the medicine after the first or second dose is given. I speak from experience and that is an experience that has been successful. More than this, the child enters into the spirit of the proceeding as soon as it feels it is better.

For a younger child the dose may be reduced to a desert spoonful instead of a half cupful and if the person is older, the dose can be increased to a cupful of each tea.

So far we have stimulated and sustained the strength. Now carefully observe if the patient is warm all over.

This is important. Feel of the feet, the hands and the bowels. If they are not warm, you may put bottles of water to the feet. Or if the bowels have not moved, you should prepare an injection of catnip tea. Put two ounces of catnip into two quarts of boiling water and steep ten minutes. *Do not boil it.* Let it steep covered. Strain this through a cloth, and give it as an injection to the bowels. If it does not promote a good movement, add half a cup of strained composition tea. Get a good action of the bowels.

When the child gets up to use the chamber, have a piece of carpet or rug for it to put the feet on, and a blanket to throw over its shoulders. Repeat the injection if the bowels do not move good. Perhaps one might wait an hour if the second injection does not act. But this depends upon the case and also some on the previous condition of the patient.

While waiting for the bowels to act, if there are yet little patches on the throat, keep giving small doses of the stimulating teas. Give every ten or fifteen minutes something of one of the teas. Either the composition or the raspberry leaf tea. These should always be given warm. If drink should be called for give warm

water to drink and have the dose of composition before each time the drink is taken. Cold water in large quantities should not be allowed, only after the composition has been given. The warm and stimulating tea should go into the stomach at first. When the patient is well warmed up, then all the cold water it craves will not hurt it. But do not allow the stomach to be chilled with cold water all the time.

A spoonful of cinnamon compound may be given if the stimulation of composition is not enough. But in this chapter we are speaking of severe cases where we can see the effect in less than two hours.

The condition desired is "stimulation." And when this condition is obtained, elimination is the next step.

The reader will see that the third cup is an infusion of lobelia herb. Ever since the days of Samuel Thomson, the allopaths have persistently asserted that lobelia is a poison. But the allopaths are liars, and God has cursed them for their lies. Your infusion of lobelia is as harmless as an infusion of Chinese tea. More so in fact, because one can get a great many diseases drinking Chinese tea, that one could not get if they drank an infusion of lobelia leaf.

Roberts Bartholow, of Philadelphia, classes lobelia between tobacco and hydrocyanic acid as a "motor depressant."

But Roberts Bartholow, of Philadelphia, is a liar. Lobelia is no more like tobacco or hydrocyanic acid than milk is like bilge water and he knew it when he wrote it. The idea of the allopath is to have the people as ignorant as possible, and so they lie about the action of medicines, or pretend they do not know of them. Do not be afraid of the lobelia tea or think it can kill your child. It will do it good if given properly and we are urging you to have the child warm for this next step.

But we will suppose you are too much afraid to give lobelia. Can we go on with this treatment successfully without it? Yes indeed. No theory is worth a button that cannot use any materials in its reach. Lobelia is a pure relaxant. Any other relaxant will answer.

Instead of lobelia use the same amount of boneset or Eupatorium Perfoliatum or as it is sometimes called, Thoroughwort.

You have continued the composition and raspberry teas with gruel until the throat is cleared off and the diphtheritic patient is warm.

Now give half a cup of the No. 3 tea whether it is lobelia, boneset, or snake root. *Virginia snake root or Seneca snake root will*

produce a relaxing effect and will answer our purpose. Only give it and follow with a cup of gruel.

The probabilities are that the little one vomits at once, but it may not and will not, if the throat is very much closed up and the patches are very adherent. Give more composition and more gruel and repeat the raspberry leaf tea. Give the gruel in tablespoonful doses. If the child does not vomit, it will be because it is not warm enough. Make the composition a little stronger, and continue to give it every ten minutes. If the face is flushed, you can now give another dose of lobelia tea, and vomiting will ensue freely.

But if you take the case from an allopathic physician or from any one who has been using alcohol and hydrochloric acid, *do not give the lobelia until you are sure the child is warm.*

Continue the doses of composition and raspberry leaf until time enough has elapsed, or until you are certain that you have not their poisons to contend with.

In these cases, where the child is taken from the dosing of some physician, or where it is very weak, you may continue the composition tea and make another infusion of catnip. This will be more grateful than the composition to some, and to others it may be more nauseating.

At any rate, it will be a change from the other teas and may be used with safety. Where the patient may be very weak and does not get warmed up under these teas, as described, as in many cases where the fool doctor has been using creosote or has been giving the cursed of Almighty God, "ANTITOXINE," which is poisoned serum from a horse and kept from complete putrefaction by the use of carbolic acid; we say, if the patient has been under the influence of this cursed stuff, then the only thing to do is to continue the stimulation until there is a high fever, and this fever will be a good symptom. Then we will have the next step.

After the first three cups, you may be assured of your success by examining the throat. It will surprise you to see how the patches of diphtheria have gone off and how clean the throat has become. If, in addition to these cups of a stimulant, you can give lobelia enough to have a thorough emetic, *your child is safe.*

Not but what you must continue, but you may rest assured that if the child vomits, there is not but very little danger of its recovery from that time.

After vomiting, give the composition, half cupful for a child of ten years, or a desert spoonful for a child of one or two years, every half hour or oftener.

Or if the child is much better, it can be allowed to sleep an hour.



But mark that this SLEEPINESS, in *this disease*, is an almost fatal symptom. Do not allow the patient to sleep unless directly after it has vomited. And then wake it up every half hour and give the composition tea, and the raspberry leaf tea.

In case these teas do not seem strong enough, we would, and have used a clear tea of bayberry bark, made as we have before stated, one ounce to a pint of boiling water.

Having gotten rid of the throat exudation, which you surely will, we now advise a further elimination by the bowels, provided the tongue has cleaned off very fairly.

But if the tongue is loaded and coated—if there is any odor about the breath, continue your composition and raspberry leaf tea every ten or twenty minutes until the tongue has cleared off and the throat is cleaned. You can do it with the proper medicines and these medicines to stimulate the secretions and to assist in eliminating the *dead matter* in the body.

In case the patient is better, then you have the case under your control and you may be sure it can never go back again.

If you desire to see what has occurred by this vomiting, look in the wash bowl. Take up some of the vomit on a little stick.

This will satisfy you and you will have the ocular demonstration that your emetic has brought up the contents of the stomach in fine shape and every thing which was going down into the throat while giving the cups of teas was all right and you will have it all up just as it appeared on the throat although it may be torn to pieces and dissolved by the actions of the medicines which have been given before hand.

In this taking off the membrane from the throat you need not fear any reproduction as soon as before, although, in some cases it might come back if no other treatment were given. But you will repeat this emetic until every particle of dead material is out from the body and the patient is well.

In some cases *Pennyroyal* (HEDEOMA PUGELOIDES) may be used instead of composition. Spearmint tea is another excellent stimulant. After the patient has been stimulated, so that the effete, worn out, degraded and dead material is in the stomach, the emetic is the sure and certain and safe elimination from the stomach. But when the stomach is once cleaned out, THEN the elimination by the bowels is safe.

Do not have the idea that in every case, one time vomiting will be enough.

Keep up the action of the teas until you have at least three good emetics from the stomach. These should be thrown out in some

place where they can be buried or some lime thrown on it, as this stuff which comes from the throat and from the stomach is putrefied dead blood and undigested starch food that has been in the system and if it is brought up by means of these emetics, it will prove as bad as any other rotten meat any where. It should be buried and never thrown into the privy or water closet or thrown on the ground. In cities, I would advise lime or Permanganate of Potassa mixed with it when it is thrown into the closet. Then plenty of water should be allowed to run it out of any possibility of its being again smelled into the lungs of any human being.

After the emetic is over then the patient will feel better. Although the doses may have to be forced on to the younger children and only as small a dose as a teaspoonful may have to be given in the cases of infants at the breast, we say to you that when once this vomiting has been established, we think the case is yours and that it is safe. Thanks be to God for His knowledge.

Should the throat be cleaned off after these emetics, as it surely will, then the patient, being allowed to sleep an hour, will be best to be examined again.

Should the nose be filled up again, give another lot of stimulants or commence on the composition teas and give another emetic.

One of the best methods is to keep giving something, say one to three tablespoonfuls of the composition or elm and cayenne teas until the patient is hungry. When hunger comes, one may be quite sure, if the membrane is all off from the throat, there is no fear of any relapse.

Until hunger comes (and not one particle of food should be allowed until the patient asks for food—mark this) the teas can be kept going down to clean off the stuff which is still in the intestines.

A case is related in the Keating's Diseases of Children, a very pretentious work of four volumes (cost, \$24.00) where a physician had the diphtheria and suffered pains afterwards, and then, after some weeks, passed a cast of the intestines some inches in length from his bowels. The physician finally died. He had pains constantly.

They never stopped his pains, only for a time.

When you read this over you will see the importance of keeping the intestines alive with medicines which are not poisonous.

But if anything is easy and nice and the patient is now hungry and asks for something to eat, and the patient feels well, then the food will come next.

What should it be? We say to you a baked apple is the safest

thing. A ripe orange is the next best. Both are safe. In summer time ripe water melon could be allowed. Or any canned fruits may be given which have been canned in glass. Shun any jellies purchased on the streets. Have your own fruits canned or trust the baked apples and good ripe oranges if the case has been moderately severe. Lemonade may be used as a drink. Do not be afraid of raw materials.

Never allow milk under any circumstances.

When hunger has commenced, then give one desert spoonful of the Culver's root compound once in four hours. This for child ten years of age. If the bowels can be moved with syringe and there is any tenderness in the throat, then give the slippery elm compound once every two hours, one or two tablespoonfuls. If fever appears, give of the fever powder infusion.

In case there is any headache or any yellowness of the skin, the Cherry compound may be given in doses not more than one tablespoonful (large) every two hours. This is mild and safe enough but should never be given unless the throat is clean and cleared off well and should not be continued after having seen yellow passages of the bowels.

Use no physic as physic. Use syringe each day to give movements of the bowels and never under any circumstances give any thing which is unknown to you, as for instance "Garfield tea" or any "Rocky mountain tea" all of which have some powerful ingredient in them, mostly of senna. Which is a drastic physic and not good for this condition of sore throat. It is too weakening.

All infusions and decoctions should be strained through a clean cloth or a very fine strainer, and sweetened to suit the taste.

We might stop to argue the point about using these infusions or decoctions in place of having written prescriptions nicely filled from the drug store, but we will allow the parent or interested friend to decide who would be liable to do best for the patient—a drug store clerk or one who feels a vital interest in the welfare of the patient. A prettily labeled bottle is of no use in a case of malignant diphtheria.

Besides this no fluid extract nor any tincture or alcoholic or glycerined preparation can ever fully and wholly represent the medical qualities of herbs or barks as well as a simple infusion or a decoction. And nature cannot use a tincture as well as an infusion, although you can succeed by using the tincture, if you are prejudiced against infusions, but they will not do the work as rapidly.

In regard to either one or any other physic, we assert that there

*should not be a dose of physic given under any circumstances until the throat has cleaned off.*

How long will it take to clean this throat off?

This depends upon the malignancy of the disease, and your faithfulness. We clean the throat off and reduce the swelling of the tonsils and clear the nose out in two hours. • Can you do it? Yes certainly.

The very moment the first dose of composition goes down there is a change for the better. When that dose of raspberry leaf tea passes down the throat, great spaces of membrane are *killed as diphtheritic poison patches*. We know this. The BAYBERRY is a wonderful *agent*. It cleans off the membrane; it destroys the odor; it stimulates the mucous follicles to throw off this exudation; it destroys the bacteria and diphtheritic germs in the throat and mouth, and is a great and efficient CLEANER of the whole mucous tract from the throat to the stomach. Bayberry is antiseptic as well as healing.

The GINGER and CAPSICUM in the composition are the best stimulants on earth, and they stimulate while the bayberry infusion rolls them together and peels them off, leaving the mucous membrane free to heal up underneath the diphtheritic patches.

In some instances that we have been called to during the winter of 1887 and 1888, one emetic alone cured a very severe case.

In three others, the composition and raspberry leaf teas cured them without an emetic. A child one year of age was cured with composition and raspberry leaf tea alone.

There is a point on which we desire most earnestly to caution the interested parties. This mistake is in supposing that SLEEP in malignant diphtheria is a GOOD SYMPTOM.

IT IS NOT SO. As long as the nostrils are stopped up or there are patches on the throat, or the throat is shut up, or the child breathes rattling or croupy, the sleep is the sleep from SEPTIC MATERIAL or from DIPHTHERITIC POISON, which is stupefying the brain. Don't forget it.

The stupid, soggy sleep is not a good symptom, but a very dangerous symptom. The child will wake up and be struck with death.

No matter what time it is; no matter what has been done; if you desire to see the child live, commence on this stimulating treatment and get the stimulants in the stomach and clear out the throat thoroughly before allowing one hour's sleep.

And even then, if the patient has rattling or choking, wake it up and give it the doses of composition and raspberry leaf tea or bay-

berry tea until you know the throat and nose are clean and the patient is visibly better.

Then you may allow one to three hours sleep. This is important. Fight the enemy while you can see it. Keep the intestinal tract stimulated.

The very moment the patient moves or wakes, (after you have given the cleaning doses and an emetic, or the teas to clean out the throat and allow it to go to sleep for an hour,) then get it up and make it gargle with a mouthful of composition and another to swallow and a spoonful or more of raspberry leaf tea. If the rattling and choking again commences, do you commence the stimulating teas and the occasional dose of lobelia leaf tea until you have the patient vomit thoroughly once, twice or three times.

You may be told that this emetic weakens the patient. This is not true.

The strength is sustained by the corn meal in the gruel and you can give at intervals, crust coffee, or lemonade if there is any thirst. No hearty food should be allowed as long as the tonsils are white or the nose is stopped. You cannot afford any foolishness in this matter and you cannot afford to stop dosing until that throat is absolutely clean. By your teas and gruel, without weakening the patient, you can clean the throat in three hours. What we desire to impress on your mind is, that it does not take a month, a week or a day to do this cleaning of the throat, but you can do it just as readily in two hours as in two days. You need to understand that no old fool hen should be there to bother you with suggestions of "beef broth," "brandy," and "egg nogg," to sustain the strength. Nature demands help. By giving a stimulant you ASSIST NATURE.

Of course, the allopathic or the homœopathic devil priest will tell you anything to shoo you off the track of right thinking, so he can dose the patients himself. But do not allow his ignorant lies to influence you.

Ask yourself if his morphin, his quinine and all his other stuff, including his poisoned horseblood from diseased and dead horses, is not weakening. We say to you they are weakening. They kill.

Mind this: Some of the doctors are really human. They sometimes—that is, some of them—have spasms of thinking. When they think they tell the truth. They cannot help it. The devil tells the truth when he thinks it would do better than a lie. See what the devil told Saul. But you have no time for lies in cases of diphtheria. The emetic never weakens your patient. And you will continue the stimulation, even in the weakest cases, until

there is warmth all over the body, no gossip will change your mind from the truth that this is the safest and quickest method of getting the poisonous stuff out of the body. Nothing on earth ever approaches this cleanly method of cleaning off the whole body, and having it clean and sweet.

We do not believe in alcohol, as we know that alcohol leaves the patient weaker, and also weakens the heart and nervous system. We do not believe in alcohol because it weakens and destroys the kidneys. But alcohol is the best stimulant the allopaths have, and if you choose that kind of treatment, we can assure you that alcohol is better than any other treatment the old school ever had.

If you desire to rapidly and safely cure the child of this disease, you must act intelligently about it.

What do you want to do? Clean that body.

You desire to cleanse the body of some vitiated material. You desire to get rid of that dead material which is putrefying in the body. And we assure you there is no other method of getting this dead material out of the system except by stimulation. This can be done at once and also done rapidly. One good stimulating emetic is worth all the other treatments in the world, But the emetic depends upon the stimulant and astringing remedies given at first.

We do not know anything better than composition. But any stimulant will do it, that can be relied upon to stimulate the secretions. Thus catnip, pennyroyal, motherwort, canada snake root, and above all golden rod, make excellent agents and may be relied upon as stimulants.

Nothing in our practice has so soon peeled off the throat as an infusion of bayberry bark. But there are others that will do it safely and surely, as hemlock, beth root, geranium, virginia snake root are harmless remedies. These remedies assist nature to cast off the dead and poisonous materials. If you have the cause of this disease in your understanding no one can rattle you as to the proper treatment.

But if you believe, as many ignorant people do believe, that "disease is a poison" and you have to give a poison, to overcome the inward disease which is a poison, and if you believe that the poison you give, must be a stronger poison than the poison of the disease, then you are quite likely to lose your child or have it irretrievably ruined by some poison dosing animal that you may trust as a doctor.

You do not ever need a poison. Your object is to assist nature to throw off and expel this vitiated, weakened, degraded and dead material that is in the body and by doing this you assist the body

to recover its health, and surely cure every case of Diphtheria not already struck with death,

When one opens the mouth and sees the throat white with canker, the idea is that this is a throat disease. But this a far more serious disease than if it was wholly confined to the throat. The entire body is diseased. The throat shows the membrane because the contact of dead material to the air, hastens and provokes putrefaction.

The membrane is the exudation in a putrefied state.

By a moment's reflection one will see that all the intestinal tract is involved in this exudation.

One can also see that all the witnesses who assert that they have seen the diphtheric membrane on the anus and the privates of children, are correct. The exudation when it comes to the surface putrefies, and it is the diphtheritic membrane.

We see the membrane, and this to our eyes is sufficient to name the disease as diphtheria.

But we have more than the membrane. We have something behind the membrane. This is the condition of blood which has this exudation in it, and the Vital Force is throwing out this stuff which is forming into membrane as fast as it comes to the exposure of air. Why?

Because this membrane, or so-called "vellum," is already putrefied in the throat from the exposure to the air, being out from under the supervision of the Vital Force, and when this stuff comes out there is not any life in it, and therefore it goes at once under the law of chemics and becomes putrefied.

In this treatment we have asserted to you that at once when these teas go into the stomach through the throat, there will be a cessation of this membrane thrown out. And we have asserted that because of the astringency of these teas there will not be any more stuff to be throw out. This is correct. But we have also to keep at this cleaning process until the excess of dead material is out of the system, and we shall see the symptom that is leaving when we have cleaned off the throat by this cleansing emetic.

When any one asserts that "diphtheria is just a bunch of worms or germs in the throat, and all we have to do is to kill those worms," that person shows his ignorance.

And when a "doctor" gets up and tells us that he has "put fat pork around the neck of the diphtheric child," we can write that doctor down as an ignorant man, perfectly and wholly free from any knowledge of the causes and origin of the disease diphtheria.

The proof that this exudation is also in the æsophagus can be

found by an examination of the contents of the ejection at the time of EMESIS. You can take a stick and hold the slime of mucous suspended before you, and in the case of malignant diphtheria this comes off like rope and bunches thick and heavy.

It has all the characteristics of the membrane except the putrefaction. It has not putrefied because of the presence of the gastric juice and because the air cannot enter the stomach. But after a time this slimy material fills the small intestines so that nothing can pass. Then the lips turn purple, the nose is pinched, the chin is cold, the beads of sweat start on the forehead and the little one is beyond the aid of any human power.

We, therefore, urge the reader to make these truths one's own, and have the theory, the cause, the reason of all things firmly fixed in the mind.

Thus far we have said nothing about bathing or any outward application to the throat. **FIRST CLEANSE THE THROAT.**

In regard to bathing we think the body should be daily sponged over in a cold water bath and clothes changed at the time of each bath. Bedclothes, pillow-cases, sheets or blankets are to be kept as clean as possible. And in cases of the very malignant type the patient should be totally isolated from the other persons in the house.

But our theory of the causes of diphtheria, and the success which has followed this treatment, precludes any idea of "fat pork" around the throat or liniments or outward applications.

Swabs, gargles, inhalants and other things, such as atomizers, and all such treatment is trifling with patients and losing valuable time.

We tell you they are no good in comparison with this treatment, which commences at the foundation and takes out the very cause of this trouble from the blood by having the emetic from the stomach which as it comes up, cleanses off the whole track of the œsophagus to the throat and leaves the patient clean and free from the condition of dead corpuscles and excesses of undigested starch in the body.

The disease is constitutional: Constitutional treatment is actively demanded.

Nature has pointed out with unerring finger the method of eliminating this poison by exuding this poison into the throat.

Assist Nature.

Consider that the passages combined from the throat to the anus are five times as long as the patient is tall. And the exudation is passed throughout this entire tract.



Consider that to clean off this exudation by stimulation, by stimulating this mucous tract, you assist Nature to cast it off and out of the entire system.

Reflect also, that this stimulation assists the Liver, Pancreas and entire intestinal tract to become cleansed, and when once you have a clean intestinal tract, you have a chance to sustain the system by food. AND YOU ALSO HAVE PREVENTED the diphtheritic poison from being absorbed. For when it is absorbed, it produces general putrefaction—BLOOD POISONING. •

Consider, that PUTREFACTION of diphtheria does not commence until the air is placed in contact with the exudation, and that this exudation is material which has been cast out by vital forces.

This air strikes the exudation of the the throat and PUTREFACTION COMMENCES IN THE THROAT.

The more the exudation is exposed the more putrefactive surface you have reproducing itself with frightful rapidity.

Stimulation at once assists nature, weakened by the presence of this inferior dead material, to throw off and get rid of this material in the very quickest manner.

Notice also, that if the stimulation has cleaned off the throat and œsophagus and gathered a portion of the exuded material in the stomach the emetic has only to come up less than two feet, while if physic is given you have five times farther to go.

Formerly we depended on STIMULATION and ELIMINATION as physic. But now we depend on stimulation and elimination by every method which nature may suggest. Thus while we do not condemn any bathing or outward application, we assert that the rapid, safe and certain method of curing diphtheria, a disease born of vile protoplasmic materials and a death of formed materials, is to stimulate and eliminate as rapidly as possible.

If one desires to put a flannel around the throat, well enough. Keep away from the hog and let fools use kerosene and other articles of doubtful utility. But reader, do you understand the disease, its causes and nature's method of eliminating and you cure your case. You certainly can do it every time.

In regard to food, give baked apples or fruits, or allow a ripe orange to be sucked. Never allow milk in a case of diphtheria. Eggs and potatoes are poison to the patient.

No hearty food until the patient is secure from danger.

After the illness, wash all the bedding and put them and all infected clothing in a room and burn sulphur, a pound or more in an iron kettle and close the room.

Allowing all infected clothes to lie in cold water in which there

are three ounces of carbolic acid to every gallon of water, will kill all germs.

Diphtheria is hatched in excess of starch food. Fight this starch wherever you find it.

Do not allow a kerosene lamp to burn in a room with a diphtheritic patient. Use a candle or a sperm oil lamp.

While you watch the patient, have the lamp in the next room except when giving medicine. Keep the patient comfortably warm. Remember that if the patient is uneasy you may have a loaded rectum. See that the syringe is not neglected. This is a point to be looked after.

Lemonade is a good drink. So also is sage tea. Avoid and shun milk. There is no objection to having all teas and drinks well sweetened as desired.

If you can, or if you have cleansed the body as you know; and, if you have taken off so much of the membrane as will allow the patient to sleep good and breathe easy, then give it a chance to rest—to rest and gain strength. The Vital Force will be at work while the child is asleep, if the sleep is not while the poison of the putrefied material is being taken up into the system again. A good warm sweat over the body is one of the best symptoms. Be sure while this sweat is taking place, not to allow the patient to take cold; at the same time be sure to have plenty of pure air in the room. Read over the chapter on ventilation and think over all the points which are there stated, so as to have the foul air drawn from the bottom of the room and have good air for the child to breathe while it is asleep.

Wipe off all sweaty patients, being sure they do not catch cold, and change clothes when the time comes right. Then wash with hand wet in cold water, so as to harden the skin. The cold bath, as soon as it gets better, is much safer than the warm bathing. Do this quickly and do not have the doors open, and do not allow the black-dressed hens to rattle you. Assist the Vital Force which is the Spirit of God, and you will have the Spirit of God to assist you. You have the Spirit in you, loaned to you, which is your life power; and the child has the same kind of spirit. Be sure you are aiding this spirit. Be sure *not to give poison* to drive off this spirit.

When there are feverish symptoms, we can know it by the temperature if it is taken, and by the heat on the skin. Or the flushed cheeks.

The body may be washed with the hand, and Fever powder made into infusion, may be given. All the drinks of every kind

(water, lemonade, crust tea and currant water, made from dissolving currant jelly in water) can be allowed, and the patient can drink all that is wanted. The fever is a good thing, and the fools who are bent on killing down this fever are the enemies of life.

### RECAPITULATION.

In the severest of cases, we have to ascertain, if we can, if the patient is struck with death. There may be some apparently very death-like symptoms and yet the case may live. The case can look very well, but if the doctor has been there with his poisons, we should be suspicious of him and his deadly, dishonest, poisonous methods. No matter the school he may claim to belong to, the doctor is dishonest who uses POISONS in his practice.

In every case drive the blood to the surface, away from congesting the inner surface of the mucous membrane. To this end:—

Give cayenne in any quantity in doses which will surely stimulate the entire body.

Give cinnamon compound or Prickly Ash bark in infusion or give ginger in any of the combinations we have named.

Keep the patient warm all over and remember the cap on head or woolen covering or the shawl, if nothing else can be had. Do not allow any cold drafts to strike the head or neck. Have everything warm.

Be sure of ventilation. Select an upper room, if one can be had, for one may be sure there has been something, some smell or some odor in rooms where there is any case of diphtheria.

Be sure the ventilation is good, if you have to make the tin spout we have given you the description of, in the chapter on how to ventilate.

Have hot kettle of water on stove, making steam. Steam the patient's head and let the steam go into the lungs if the case is pressed for breathing.

As soon as the patient gets warm, then try relaxants if they can be borne; but the best and only safe thing to have is the clean and even temperature and plenty of moisture with the stimulants inside of the stomach and intestines, going down every ten or fifteen minutes, and when you first commence, every five minutes until the body commences to be warmed up all over.

Composition, Cinnamon Compound, Balm Powder, Elm and Cayenne, Number Six of Thomson (the compound tincture of myrrh) or clear ginger infusion or cayenne infusion, or anything may be heating in its effects, will all be correct if you can get them to go down. Be sure when one dose is down there will be great

easing of breathing and the stuff will commence to come off from the throat.

Give stimulating injections as soon as breathing is relieved. Make of catnip or raspberry leaf infusions, two ounces to the quart, so it will be strong. But note—do not give injections as long as the body is cold, and you are not sure what to do. Give stimulation, all you can, until the body commences to be heated up, and then the injections will be acted on and will do good.

If injections are given while the patient is cold, then we will have the staying up of injection and cooling inside of the body and death will come in a few hours. Get the blood corpuscles encouraged by means of stimulation inside as fast as you can. Swallowing one teaspoonful of Composition or Cinnamon compound will make the swallowing easier.

If the child or patient is yours, then have none of the doctors' medicines given whatever. Shun the doctor worse than you would the author of death—the devil.

## MEMBRANEOUS CROUP.

### SYMPTOMS.

The SYMPTOMS of membranous croup are very obscure and usually unnoticed at first, but this croup never comes on unless preceded by COLD or a series of colds. The cold affects the air cells of the lungs, contracting the air cells, hardening the dead material which has been sent through the capillaries, and thus producing *a change of voice, a wheezy sound, an altered tone of the voice from the clear, resonant notes of the child to a hoarse, croupy breathing.* As the condition progresses, *the voice sinks to a whisper or is lost.* The child may appear to be *sleepy, dumpish or fretful* or may try to play in the day time and become worse at night.

By noticing the breathing, the child will seem to raise up all its lungs every time it takes an inspiration, or if the conditions have lasted many hours, there will appear to be a settling under the ribs at each act of drawing in the breath. The very first appearance of *hoarseness or wheezy croupiness* should be combated and overcome. A certain *pallor or whiteness of the skin* is noticeable in some children for some days before the croup appears.

With the *loss of voice*, the lungs seem to fill up, the child cannot draw its breath, and unless relieved by intelligent assistance, absolutely strangles to death because it cannot get its breath through the windpipe or through the bronchial tubes.

## CAUSES.

The causes are, excess of albuminous food, as eggs or pastry. I am convinced that I have seen and known of children dying from membranous croup where daily breakfasts had been made from eggs.

Cases have come under my notice where milk from cows FED ON ENSILAGE has been given to children and an attack of membranous croup followed. All that has been written concerning STARCH FOODS in excess can be repeated here about excesses in albuminous food, especially for children under eight years of age.

Milk from improperly fed cows, fried cakes soaked in grease and covered with syrup (especially sorghum,) pastry—unripe fruits—can all bring about a condition of the blood, which, with repeated colds, can produce that condition known as SLOW, TRUE, CREEPING CROUP, OR MEMBRANEOUS CROUP, which the doctors claim (falsely and erroneously claim—a claim born of ignorance,) is akin to diphtheria.

It is no nearer being akin to diphtheria than an egg is akin to a potato. One is albumen, the other is starch.

Diphtheria is a condition of the blood from excess of STARCH, followed by colds.

Membranous croup is from an excess of albumen, or casein, which may be from impure milk or eggs.

Repeated colds, wet feet, unprotected abdomen and chest breathing in heated atmosphere and being suddenly chilled, may assist causing the condition we know as membranous croup.

SPASMODIC OR FALSE croup comes on quickly and goes away as soon as the patient is somewhat stimulated and relaxed. A cold wet towel applied over the chest and abdomen and a blanket pinned snugly over the chest and body of the child with spasmodic croup, will soon allay all the alarming symptoms.

But in Membranous Croup, this will not do much, if any good. And in many cases it will be dangerous, because it *drives more material* into the lungs, while the endeavor should be to carry it away from the lungs.

Membranous croup comes on slowly, without any symptoms of an alarming nature. And is very dangerous.

Common cough syrup will immediately allay all symptoms of spasmodic croup. But it only seems to fasten the conditions of membranous croup, the most dangerous of all throat or lung conditions, or lung diseases known to childhood.

## TREATMENT.

When we consider that the condition we have to combat, is a condition of excess of albumin which has become chilled, and that we have ALBUMIN IN EXCESS in the body, besides the CHILLED, KILLED and possibly disintegrated blood corpuscles, then we have our treatment outlined by nature's own method; or by the V. F.

Consider these conditions attentively.

1. There is a excess of albumin in the body.
2. The corpuscles have been chilled and killed by colds.
3. Excesses of ALBUMIN, together with the corpuscles that have been chilled and killed, and finally disintegrated in the blood stream, make the blood albuminous and sticky.
4. Coming from the heart to the lungs, this disintegrated, blood corpuscles with the excess of albumin, is forced through the walls of the capillaries—through the walls of the air cells, into the interior of the air cells.
2. Then, this albuminous material, together with the disintegrated corpuscles, formes a thin coating on the air cells, as well as on the bronchial tubes.
6. When this albuminous coating is sent through into the cell—it COATS, dries up and becomes HARD and STIFF.
7. The albuminous coating is the membrane over the inner part of the air cells and the bronchial tubes.
8. It prevents, as soon as it becomes solidified by heat and absence of moisture into a tough, immovable (false) membrane, which lines the air passages and prevents the air from going in, and *prevents the carbonic acid gas from coming out*. The blood cannot become aerated.
9. When this false membrane becomes complete, death ensues from strangulation.

If we have faithfully given the causes of the condition, we can intelligently outline a successful treatment.

Although we absolutely have no book to go by, in the English language, and notwithstanding, in our early practice we lost every case, the experience of the past seven or eight years has convinced us that we have safe remedies which are efficient to restore the patient in every case, not struck with death. And we say, bless the Lord for His wonderful mercy and goodness and no thanks to any man now living. If any credit is to be given, it should be given to Samuel Thomson, the Farmer Botanic physician who first printed the advice to keep up the inward heat.

The principles by which to overcome the formation of *more*

*membrane*, and to remove the false membrane already on the inside of the air passages may be formulated as follows :

A. Stimulate all the blood stream.

B. Keep up the inward heat, and no account allow those deposits of the excesses of albumin to be carried to the lungs.

C. Open all the avenues of the body and have the room filled with good air, and at the same time be sure no chill can strike the skin to chill it.

D. Above all, never allow any food whatever that can make the blood stream, starchy or albuminous. Eggs, potatoes, milk, fried cakes, pastry, candy, all breadstuffs, oatmeal and everything starchy or albuminous, should be avoided, and fruits and nuts be only allowed during all the time there is danger of any relapse, and for a month afterwards.

Of all the stimulants which we have any idea of, the compound known as "Thomson's Composition" is the safest, the most genuinely palatable and most effective.

Of all the relaxants, Lobelia Herb is the best, easiest and safest.

No matter the condition or stage of the child with the croup, *stimulation* is the first thing to do. Astringing the intestines at the same time, seems to be fully as necessary.

Stimulate the entire blood stream. Stimulate the action of every organ of the body.

With stimulation there is increased action. In astringing medicines, the coatings of all mucous membranes, as well as the arteries (their coverings specially) are hardened and cleaned in a measure. Whether these astringent agents are FOODS for blood corpuscles or otherwise, is a matter of future consideration. The writer believes this to be a fact—that the agents passed do not act of themselves, but are NOURISHMENT to the Living Matter in all the body, specially to white corpuscles, red corpuscles and the mucus surfaces everywhere.

**FIRST STEP IN MEMBRANEOUS CROUP.**—The very first fact to be looked out after, is to see that the room has PURE AIR. No child with this disease can recover in impure air. Ventilate the room from the *bottom*, or from a window in an adjoining room. But if you can have the three inch tube ventilator running from the floor to the stove pipe—do it as fast as some one can go to the tinnets.

**SECOND STEP IN MEMBRANEOUS CROUP.**—In order to commence the stimulating treatment in an intelligent manner, we should have the lower Bowels well cleaned out. Give a large stimulating injection to the Bowels.

For a child of three years of age, take one ounce of catnip and steep ten minutes in a quart of warm water. For a child of six, infuse two ounces of catnip in two quarts of water which is boiling when it is poured on to the herb. Steep ten minutes. Strain and use moderately warm to the bowels in a warm room. One cannot expect much action, but it is a step towards having the body in a warm condition. In using this the four-quart fountain syringe may be used, or the Bulb Syringe can be gently used. Do not force the stream too hard, but be slow and easy until there is a good motion, if it is possible.

**THIRD STEP.**—Be sure to have the child well protected with band over Bowels, cap over the head and its feet and legs well covered.

**FOURTH STEP.**—Prepare two teas, one heaping teaspoonful to cup of boiling water; one of composition well sweetened, and call this No. 1. One teaspoonful, heaping, of lobelia herb in another coffee cup. Place a teaspoonful of sugar and fill with boiling water. It is best to keep these on the stove, but they must not boil.

**FIFTH STEP.**—To a child of three years of age, give one teaspoonful of the infusion of composition.

Do not, for one moment, imagine that any tincture or fluid extract can do you any good. We say to you that alcoholic tincture has killed the living germs in herbs and barks, and they cannot go into the blood stream to nourish the living matter as well as if infused, Trust to no alcoholic preparation, no matter how much it may be praised or warranted. We tell you they are all no good. Alcohol kills the living matter of the body and kills the living matter of the herbs. Herbs, plants and flowers do not sustain life as well after they have been tinctured in alcohol, as if they were infused or steeped in warm water. Water does not kill the living matter of the plant. Alcohol does. We say to you, use no fluid extract or tincture if you value the child's life, but use the infusion, made fresh daily of good, clean, soft water which has been boiled in a clean vessel. Earthen, porcelain or granite being best,

Should the child be of robust constitution, two teaspoonfuls may be given. Best to give it in one dose and allow a drink of water after it. If six years of age, give a teaspoonful.

On no account allow any milk or cream in these teas. Do not allow any milk to be drank by the patient until thoroughly cured of this croupous condition.

**SIXTH STEP.**—If the child is quiet and apparently is affected by the first dose of the stimulant and the cheeks are red, you are ready for the sixth step. But if the cheeks are pale, white or



pallid, repeat the composition tea in five minutes. Taste this tea to be sure it is hot, strong and peppery. Not so full of cayenne that it will smart intolerably, but in such condition that it will feel warm in the stomach and bowels. So if the warmth does not appear repeat the dose of composition and possibly give two or more teaspoonfuls and repeat until the child is warm. Be sure about this before commencing on the sixth step.

As soon as the child is warm, then give one even teaspoonful of lobelia infusion, made of good, sound, green herb, strained.

This may seem a small dose. Compared to many others, it is small; but in less than fifteen minutes there will be a decided relaxation of the entire body, and I have seen *the commencement* of a famous victory over death from the first teaspoonful of lobelia.

If the child is nervous, the catnip should be steeped with this lobelia herb. But if only the condition of croup, the lobelia is sufficient.

Water, cold, clear, distilled if possible, may be given after every dose. If the water is hard, have it boiled and cooled.

Should vomiting follow this dose, it will be a good symptom. If great pallor or paleness follows, wait five minutes and give a teaspoonful or two of the composition tea. Then repeat the composition once or twice, ten minutes apart, before giving the lobelia again. Get the patient warm.

If no apparent effect has been produced, wait the ten minutes and repeat the composition, and if warm and easy, give the lobelia next time in ten minutes.

The moment the child is able to lie down and sleep, make the space of time fifteen minutes apart. Then, if the breathing commences to be very easy and natural, give the doses still farther apart—say twenty minutes between the doses. Give the doses according to the condition of the child. If it is oppressed for breath, give often, say every five minutes. If easy, once in half an hour.

Note especially, that as long as the breathing is hurried, croupy, breezy, voice lost, NO FOOD is a safe rule. When it calls for food, as it may in six or eight hours, then give an orange to suck (should be ripe and sweet) or a piece of baked apple. In some cases where the child is much better, well boiled corn meal gruel can be allowed. But no food while croupy, is safest.

Should the breathing not be better, continue to alternate these two remedies until the child is easy, which of course can be seen by the appearances of the child. It should be watched constantly. A good symptom is to have the sweat come over its body. Another good symptom is to have the child become red and warm. When

this occurs, the lobelia tea can be given with great confidence, but always alternated by the *stimulant*—the Composition Tea No. 1, as we have placed it. Should the case last until the second day, give the injection to the bowels as before. If the urine is very scanty, make the injection of peppermint in the same manner and amount as of the catnip.

**Feeding**—The food is of the greatest importance during the recovery. No starch foods should be allowed. Crackers, eggs, fried cakes, potatoes, all pastries, candies, coffee, tea and meats should be forbidden. Chicken meat and chicken broth should not be allowed.

Fruits are safer, but bananas are forbidden unless in the latitude where they grow. This is because they are ripened artificially (in the north) and gas, kerosene smoke and the descendants of the worshipers of Nimrod, have odors, smells and scents, that are detrimental to the stomach.

Under no circumstances allow physic to be given. Use the syringe and wait for nature to relieve the body. But do not give physic.

Make all teas fresh every twelve hours. Wash out all the old utensils. Scald them good. Do not allow the child to pass more than twelve hours without the injection to the bowels. Do not allow it to sleep longer than an hour, unless—mark this point—unless it is easy. In the fact of its breathing easy, we have a certainty that the HEART and MOISTURE have caused a disintegration of the false membrane in the inner part of the lungs and the case is safe. When the child is better, rest.

Make the doses further apart, say two hours, or give Sage tea in early morning and the Spice Bitters before eating. Then give the injection, and whichever may seem appropriate at bedtime, give composition, if it is cold; Lobelia and Catnip if the body is warm or if there is any fever.

How long will it take? We say it will take twelve hours certain. It may take twenty-four hours; it may take longer. We have never seen a case in the past ten years that was not out of danger in twelve to eighteen hours.

There are some peculiarities which should be borne in mind in this condition of MEMBRANEOUS CROUP. It must be treated *easily, mildly and continuously*.

In cases of Diphtheria we can hurry the emetic and do good work. When we have given a thorough emetic, we can then wait two or four hours and allow the patient to sleep. In cases of the slow, true croup, we must not stop until the heat, the moisture

and the vital force has disintegrated and carried away the false membrane.

### RECAPITULATION.

MEMBRANEOUS CROUP is a condition resulting directly from excesses of albumin or casein, or possibly from other excesses of impure materials in the body, with chilled, killed or disintegrated blood corpuscles, find their way to the inside of the air cells in the lungs and bronchial tubes, and this material dries and lines the air cells, thus preventing the sending out of the effete material—carbonic acid gas and other impurities in the lungs—and this impervious lining on the air cells preventing the passing in of the pure atmosphere to aerate or oxygenize the corpuscles of blood, and thus strangling the victim for want of air. The inside of the air cells and bronchial tubes being lined or coated with a layer of this albuminous material.

**Symptoms.**—At first obscure; finally becoming pronounced on second or third night; croup, wheeziness, hoarseness, loss of voice, catching of breath and croupy, barking, rasping cough, usually progressing steadily toward death.

**Treatment.**—Disintegration of the membrane by heat and moisture. Keep up the internal heat with mild, persistent doses of stimulating infusion, as Thomson's Composition, and as soon as the child is warm, give appropriate doses of lobelia leaf infusion, alternated every ten or fifteen minutes until relaxation takes place and vomiting may occur.

If you do not happen to have Thomson's Composition, use any stimulant you may have, making it stronger with ginger, cayenne or some of the mints. Peppermint herb is one of the best.

Should the vomiting follow after this stimulation, give catnip infusion or peppermint infusion, and if the child becomes very warm and sweats a warm sweat, it may be looked upon as a good symptom. You need not be afraid of the vomiting.

*Do not under any circumstances allow the child to drink milk, eat eggs, crackers or fried cakes.* They assist in making more of the membranous material in the blood. Should the patient become chilly or cold, give a grain or two of red pepper or cayenne in water or mixed in syrup, every twenty minutes. For a child of three years of age half a grain will answer. Repeat this until the body is warm. Heat means life. Cold means death. Have the patient warm and hot and do not be afraid of heat or fever. In croup, fever is a good symptom.

Be careful not to push relaxation, as it will not hasten matters,

because the false membrane *must be dissolved* and carried away. You cannot vomit this up as any one can vomit up diphtheria material. But once the inward heat is sustained, the emetic will do good.

Be sure to have good air in the room. To have a pail of water under the bed; to keep continual watch of the patient; to have a warm and even temperature. Above all, to keep the patient from anything to eat of a starchy nature, milk or eggs, while croupy or loss of voice continues.

Slow, steady and persistent stimulation and relaxation with even temperature will dissolve the membrane and cure the child.

Go easy, holding on to each inch gained. This is correct.

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### DIFFERENCE BETWEEN DIPHTHERIA AND SCARLET FEVER.

In all cases of Scarlet Fever, it is presumed there is fever. Most of the time, that is, in most cases of scarlatina, there is a great fever because there is great and continuous effort to expel the provoking cause from the system.

In diphtheria, there may be little or no fever and not usually so very much redness on the cheeks. The neck can be swelled and the nostrils, almost or quite shut, and there are serious symptoms, yet be very little fever.

The chilly feeling that is common in scarlet fever, may be in some degree in Diphtheria, while it is common in Scarlet fever.

In Diphtheria, there are always spots in the throat or the appearance of exudation on the inner part of the throat.

A child may have the scarlet fever and not have any sore throat.

It certainly will not have any sore throat, unless the body of the child has been filled with excess of starch foods.

The sore throat may be in both cases. When Scarlet Fever first came into this continent, it was known as "putrid sore throat" and scarlatina.

The putrid sore throat need not have any thing to do with the scarlet fever and will not, unless the child has been an excessive feeder of starch foods. The starch foods in excess are the causes of the exudation in the throat and it will have the same effect, if in excess in one case that it would in another.

The provoking cause of Scarlet fever is the germ that has entered the child.

The provoking cause of Diphtheria is the excess of starch, and

chilled or dead blood corpuscles that may have been disintegrated and are being sent out through the mucous membrane of the throat, or elsewhere, because the Vital Force does not find any other convenient outlet through which to send them.

In diphtheria, it might be possible for some fever to be present. If fever should be present, it is not because the exudation of being thrown out, but because there are other materials in the system that the Vital Force is trying to have out and trying to send out through the system on the outside of the body.

At this point, some parents think they would desire to have some medical man to make the correct diagnosis. It is not usually needed.

And in any case, do not allow any doctor to give your child any remedies, for reasons we shall place before you further on. Besides this, if you have sense enough to get the child in good clean condition, then we say to you, it will not make any difference what it has. You will be able to bring it out in the best of condition and the doctor actually does not know anything about either one of the diseases.

If it is diphtheria the doctor will insist on injecting Anti-Toxin. Poisoned horse serum.

This is made from the serum of diseased horse, mixed with carbolic acid and will soon poison the child that there cannot be any strength left in the blood corpuscles to send out any more of this excrementitious material, that must come out in some manner from the general blood circulation. Nature is trying to send it out. The doctor, with his belief and worship of the sun, injects this poison cursed serum from a dead horse, mixed with carbolic acid, so as to prevent the Vital Force from having strength to send out the effete stuff from the general circulation.

You should have too much sense to allow the doctors to poison your child and therefore, we say to you it will not be necessary to have the medical priest to make your diagnosis for you. But if you do have the doctor, shun his medicines and his Anti-toxin.

Something may be told from the history of the case. More can be told from the appearance of the child. Then, in any case, you can give the cleaning treatment, the bathing, the restriction on food, looking after the ventilation and with care, you will soon know.

Any way inside of twelve hours, the rash may make its appearance and the diphtheria will be gone. If you have treated it correctly.

In any case where there is sore throat, you need not be afraid of treating the child with the common remedies for diphtheria and to

give a good thorough treatment. The injection may be given in any case and the emetic surely, if the throat is anyway spotted with the exudation, or the nostrils are filled up, or there is any swelling in the glands of the throat. In any of these cases, you may be sure the emetic will come in good play and do very much good to the child and the rash will come out quicker after the emetic and the tenderness and dryness of the sore throat will be gone. So, in any case there will not be need of calling in the doctor, unless one feels there is danger of the neighbor. (Don't tell your affair.)

In these cases, we say, do not tell the neighbors of your business but call in the doctor and keep the neighbors out on the ground that it may be a "contagious disease." Thus, you will be left alone and while you are alone for four hours, you can have the child in the very best condition.

Should the doctor have left any medicines, you can carefully turn the dose out every set time and turn it into the closet.

Above all, do not let the doctor dose your child for death, as the doctor (he or she) will. All alike. Only a few here and there who are honest and you cannot afford to trust the child to any poisoner.

If in either case the body is well cleaned out, and the food is right, or not any food allowed, the milk drinking is stopped and all smells, uncleanness and worry is kept away from the patients, there will be marked benefit within a couple of hours.

In diphtheria, one treatment will usually cleanse the throat. In fact, one drink of composition or of cinnamon compound infusion will assist the case and assist in cleaning off the throat.

Should the case be scarlet fever, these remedies and cleaning out the body are right in line to give the Vital Force an opportunity to send the effete material and the germs to the outside of the body, and this will be the proper thing to do. The child will get over either disease if it can be kept clean and on the correct treatment for a few hours.

The very first consideration in either case, is to cleanse the body from the old, worn-out and useless material that is in the body and clogging up the channels of circulation.

The methods will be pointed out later; but the fact of its being one condition or another will not matter, if one desires to do for the best in case of the patient. Therefore, get the body at once cleansed. Should the scarlet fever be present, as soon as the diphtheria is cleaned out, there will be an opportunity to drive the scarlet fever germs to the surface.

The same cause in each case makes the sore throat. That is, an

excess of starch that has been exuded and putrefied. In either case the treatment placed before the readers of the book in and for diphtheria, will be of the greatest service here, and it cannot come amiss in either case.

As will be seen later on, the cleaning treatment, if diphtheria is suspected, will give the Vital Force opportunity to send the eruption of scarlet fever to the surface and you know what it is without having the doctor. In case the doctor has been called, if you know what to do for the child, the progress of the case, if you keep the child away from the doctor's drugs, will give you good heart every day.

Whereas, if you dose down the drugs, neither you nor the doctor will know the condition of the child at any time.

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## MEASLES.

Also called **MORBILLI, RUBEOLA, MASERN**, (German),  
**ROUGEOLE** (French.)

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Measles is an eruptive disease, probably caused by an entrance of some germ into the body, having a definite course and sending out an eruption much like the scarlet fever germ. Measles is said to have been described by RHazes, about A. D. 900, who knew the difference between measles and small pox.

It was yet to be considered the same as scarlet fever until the times of Tydenham in 1855, when it was found to be different in many respects and from that time, has been classed as a different disease.

It has much the same appearance at first as the small pox.

It contains a poison, whether germ or not is yet undecided, positively, that is as virulent and contagious as the small pox. It is not as fatal as smallpox, but is a disease which is far more fatal than supposed. Because the after effects produce some weakness of the lungs, from which the patients seem to take on "pneumonia" or lung trouble very easy and slide into consumption. We consider it a very dangerous disease, no matter how mild a form it may come in.

**CONTAGIOUSNESS.** Measles never comes by itself. It cannot be caught or taken, unless there has been some case of it before hand. Our reasons for knowing this is from other persons and from personal experience.

There are eruptions that may come from wounds—from potash and from quinin, and also from the shock of injury.

The measles are entirely different and run a certain length of time and act in a certain definite manner. They leave the body in certain condition which always appear after the germ has entered the body.

The measles can be carried by anything that will hold. Papers, clothes, water or the hands. Breathing is specially contagious.

Shaking hands is a method of carrying measles. Rubbing the hands over another one's garments, can carry the germ. This can be set free and the patient, if he has never had the measles, can have it.

Where a gown or any garment has been worn and laid away, it can keep the germs for months or years.

Sheets, used on the bed may be washed and ironed and yet have the germs in them unless the sheets have been boiled.

Places that have had the measles, especially where the houses have been papered, can hold the measles germs and children have been known to have it after some years have elapsed, presumably by coming in contact with some part of the paper where the germ had been caught. We have known of houses, where they had measles many years ago and ever since that time, some one has been sick in the house. Another room has been added to the house and this room since added does not smell the same as the room where they had the measles many years ago. We do not think the room was ever properly fumigated. If indeed it could have the measles eradicated.

This writer knew a family who had the measles from moving into a house where there had not been any cases for some years. The children took the measles shortly after living in the house. From these and other facts, we are convinced that the measles germ is hard to kill. We know of an elegant house where every spring, if it is wet, they have coughs and colds. We believe the germs of something, whether measles or something else may be uncertain, but some germ lives there and wet weather brings it to life or to some stage of propagating and dry weather dries it up so that it is no longer perceived. The measles do not appear, but the coughs, colds, sneezing and sore eyes are periodical.

All these facts point to the necessity of thoroughly fumigating a room after any occupant has had the breathing into it.

That measles is as much of an animal germ as scarlet fever will not be doubted by any one who has seen both the eruptions. In fact, that the germ is of the same nature, may be asserted on general principles.



Doctor Ransome of Manchester, England, obtained particles from the breath of two persons suffering with measles.

Brainwood and Vacher took glass tubes, of half to three quarters of an inch in diameter and coated them over with glycerine. These tubes were breathed through by patients having the measles.

When examined under a microscope they showed numerous sparkling bodies something like those found in vaccine, only larger. They were more numerous in the second and third day of the eruption.

Some were spherical; others elongated with sharpened ends.

They believe the lungs are the favorite breeding ground of the contagion.

Clothes sent home from schools where they had the measles, have communicated the disease. (Aitken's practice of medicine.)

The point we make here, is that all surfaces can take and hold this measles germ for months or years.

And, we caution, all persons in moving into a house, where there is only a hole for a cellar, that, if any one has ever lived there before, that, with limited or imperfect ventilation in the cellar or underneath the house, the germs seem to be more virulent.

As we have asserted in the article on scarlet fever, we think the condition of measles depends entirely on the condition of the blood corpuscles or, the condition of the body that is taking this measles germ inside of it.

If the body has been fed on pork, potatoes, eggs, fried cakes and coffee, we shall have a severe case of measles. We have seen fatal cases where the germ was the same as any other germ from measles and either from one cause or another, the child sickened and died. Besides this, in many respects, the child was strong and healthy and better than other children who lived. The condition of the patient who takes the measles, decided the condition of the disease whether mild or severe. These are facts. Notice that children who have been fed on gross food and who have slept in a room with impure air, will be those who will have the disease the hardest and be liable to succumb from some symptom that is not laid down in the books. There will be a cause and there will be an effect. The effect may be seen and lamented before the cause is known unless one can think out the effects of cause before this measles appears on the surface.

The actual time of the measles being in the system before they commence to show, may be from seven to twenty-one days. Usually in about nine days from the time the person has been ex-

posed to the contagion, the eruption commences to show on the surface.

In sensitive children or in soldiers on the line of march, this time may be much shorter. Seven days being sufficient to bring out the first symptoms. But is always longer than scarlet fever.

The time elapsing from the time of exposure to the time the first symptoms appear, is called the period of invasion. The germ is in the body, but does not show to the eye until the vital force commences to make the effort to dislodge it and these efforts are called "symptoms" or incubation.

The period of invasion, should be called from the time the patient is exposed to the time the first symptoms commence or, until the rash commences to come out.

There are then four days (sometimes only three) for the eruption to make its appearance all over the body, if the case is to be a mild case. If it is to be a severe case, it may be very much longer than three or four days. This is called the period of the eruption.

Then follows three days (more or less) or the desquamative period, when the rash is going away and the skin seems to come off in little bran like scales. These are cases, where they are typical, mild and easy, where the body is in good order.

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NOTE:—We know that other kinds of germs or poisons seem to be carried or inhaled.

In one instance we saw a case of a man, who thought he had some sort of a cancer plaster, inhaling the breath from the man whom he was treating (and died, with a cancer under the jaw,) and this man took something which he thought at first was "bronchial catarrh." Then they thought it was a sort of "pneumonia." They had the doctors far and near to come and see him. None of them knew what the matter was with him. He lingered along, sometimes getting better and sometimes worse but finally died of the trouble in his lungs. I am satisfied that he had the same inhalations in his lungs that the man had exhaled who had the cancer under his jaw. I had seen the same occurrence in another place and witnessed the pus pouring out from a swelling and smelt the same smell that was present with the man with the cancer. These experiences are common among those who have had varied practice with odorous diseases.

Parents should be familiar with these facts. That breathings or smells can be carried to the great detriment of the ones who are forced to see cases and smell the odors from the diseased body.

We have personally known of many medical students who were forced to smell the effluvia from the bodies cut up during the dissections at the dissecting room and, in a few years afterwards, these students have had tuberculosis and died.

We are satisfied these smells sent into the cellular tissue had some kind of effluvia that was detrimental to them and finally caused their death. Some of the students we have seen, fill up with matter all over and die from this excess of pus in the body.

The smell from measles is very peculiar and we advise every parent to have pure air in and out of the room so as to carry off this smell as fast as it arises and to cut short the diseases so far as practicable. Which we are satisfied can be done far more than is generally given credit for. Ventilate your room.

These first symptoms may commence on the seventh day after exposure. Or from causes, be delayed until the twenty-first day.

Persons who have never had any experience will get at this "period" business easier to keep the following in their heads.

1. From the time of exposure, to the first symptoms there will be either seven, nine and may be ten days.

2. From the time of these first symptoms (that is coughing, sneezing, catarrh and sore eyes with general feverish symptoms,) there will be three days of the eruption coming out.

When the eruption has come out, there is most likely to be three days of its fading away.

By knowing the child may have the germ inside of its body for this period of time (seven to ten days,) the parent or guardian can easily have the system in good order while the rash is making its appearance, if the diet, air and drink is attended to.

**SYMPTOMS.** Are, coughing, weak or tender eyes, fever, spitting, may be shivering, or chilly sensation alternated with fever. Loss of appetite, redness of the eyes, headache, nose bleed, convulsions, followed by small red points coming out at the face or back or loins which after coming out singly at first, usually run together and form a blotch or, an irregular dark red or purplish spot.

Apparently, it is darker and more purple than the scarlet fever. (This will not do to trust as a diagnostic symptom.) The points when they first come out, are soft. The skin can easily be pitted and the red color or the eruption apparently is only skin deep. There is usually some catarrh with this and the cough is for the purpose of getting something up from the throat or bronchial tubes. Sore throat is not so common as in scarlet fever.

The tenderness of the eyes to the light, and the continued, persistent coughing, are two valuable symptoms in all cases of measles. In small pox, the points in the skin feels rough and gritty. In measles, these points are smooth and soft.

The history of the case will always give one the key to the disease. Measles and scarlet fever may be in the same neighborhood together. In which case, the coughing, the tenderness of the eyes and the blotched appearance of the skin, will distinguish measles from scarlet fever which has an eruption of points run together all over the body—much brighter red or scarlet.

A sore throat and absence of coughing denote scarlet fever.

A cough and tenderness of the eyes indicate measles.

As in scarlet fever, the condition of the body will determine the condition of the case. All gross feeders and eaters of much

starch, eaters of pork flesh or drinkers of tea or coffee, will have worse cases than those who are eaters of fruits and vegetables and have been kept clean.

The same remarks about the conditions of the three classes, also applies to measles and, in fact to all other eruptive diseases.

The whole course of measles, should be, and usually is, from fourteen to twenty-two days. Some times in eleven days the whole eruption may be gone and the patient be in apparently good health without any symptom of the measles left. Sometimes it may be thirty days before the results of the measles are gone.

These periods of time may be classed as follows:—

First—the STAGE OF INCUBATION—which commences when the patient has been exposed and reaches until the “first symptoms.” This is usually as we have stated from seven to nine days.

Secondly—the “STAGE OF INVASION,” when the first comes on coughing, sneezing catarrh and soreness of the eyes with fever, chills or stupidity. This period, if the body is in good order, lasts about three days.

Third the STAGE OF ERUPTION. This usually takes three days and comes out first on head and neck and breast. Next over the loins, finally over the legs and feet.

Fourth the STAGE OF DECLINE.

This stage may be said to be three days, but is owing wholly to the condition of the patient's body and the surroundings or air, drink, diet and care.

We repeat that, if you give the patient physic, allow it to eat potatoes, pastry, pickles, cheese or drink coffee or tea, you can have these periods much longer and very sorrowful.

The fever that comes on (see remarks of fever under the *scarlatina*.) is for the purpose of driving out the germ and is the effort of the vital force.

Then comes the coughing and the tenderness of the eyes.

In considering the measles, it is well for one to understand that usually the measles does not show itself until at least seven days have elapsed after the person has been exposed to the contagion.

Then commences what are termed the “*Prodromal*” symptoms, i. e. the first symptoms, coughing, fever and tenderness of the eyes.

Then, when these first or premonitory symptoms have appeared, we have three and sometimes four days of the coming out of the eruption, (*usually*.)

In scarlet fever we can have the eruption coming out in twenty-four hours and going gradually all over the body, having com-

menced on the throat or in the fauces and thence extending all over the body.

For this reason the days are counted, from these first symptoms and not from the time the patient has been exposed to the contagion.

The parents should understand this point thoroughly. Seven to nine or ten days may elapse from the time the child has been exposed to the time of the first symptoms. And, if this is thought of, much can be accomplished in the way of food and cleanliness before the *first symptoms* will appear. And the child can be in good condition, so that when these *first symptoms* do appear, the parent can at once know what to do and count the days as we will state a little farther on. But, these days especially the four days after the first symptoms, are to be reckoned from the time of the first symptoms, and not from the time the patient was exposed to catching it.

The fourth or fifth day after the first symptoms, the eruption may come out on the chest, neck, face and some portions of the back.

The next day, the second crop (as it is sometimes called) will be out on the loins and thighs.

The third day of the eruption the whole surface will be covered and the face will begin to peel off—desquamate, as it is called. There may be three or four days in which this eruption is going away, or it may disappear in one day. When it is gone, then the patient is not free from danger. There may be some relapse, if the patient takes cold, and it is sure that no patient with the measles should ever be allowed at school until full forty days have elapsed after the measles have disappeared. It is trying to the eyes and will have a tendency to make the child cross-eyed or weak eyed to attend school or to read much at night after it has had the measles, for at least twenty-one days after the eruption has passed off. And it is better to wait forty days before sending a child to school.

In delayed cases, the measles might not come out or the cough come on for twenty-one days. While this time is passing, the parent can look for any symptom, if the child has been exposed. When the redness comes in the eyes or the cough appears, then it is time to consider the case and place the child in bed in an evenly temperatured, 67 degrees to 70 degrees Fah., and well ventilated room.

Bleeding from the nose is common in children with a full habit. Specially if there is any weakness of the mucous membrane, as

there always is with children fed on pork, potatoes, pastry and drinkers of coffee and tea.

If the case is mild or the patient is in good order in its feeding and other habits, all symptoms may be gone inside of the twelve or fourteen days from the time it commenced. From the time the patient was exposed.

If the patient is one of the classes we have previously spoken of, then we may have twenty-one days before the eruption makes its appearance, and the coughing may last two or three days, and we may have a longer siege after the commencement of the eruption. This depends entirely on the condition of the patient's body and the surroundings of the case.

**CONSIDERATIONS.** If measles are properly treated and the patient is well in body, there should never be a fatal case. As society is now constituted and as the children are fed, we can have fatal cases at any time. And there is great danger that any cases of eruptive diseases will leave something in its train, as deafness, blindness or some disease of the eyes and ears.

During the civil war in camp there were cases of measles which were said to be "epidemic." That is, they occurred in autumn and spring.

Whenever the regiments were moved to some barracks, where there had been measles months before.

When it became wet, or whenever the barracks were shut up close or the weather was rainy or damp, they had the measles as long as there were any soldiers who had not had them before.

These were called the "camp measles." But those who had the measles when young, were usually free from camp measles.

In the general hospital at Nashville, Tenn., the mortality was 19.6 in 100 or almost one out of every five persons died of the measles. And much more trouble and chronic ailments came afterward. (Probably from some of the same causes we have given in the consideration of other fevers.

In the field hospital at Chattanooga, Tenn., 22.4 out of 100 died, or more than one out of every five soldiers died, who had the measles.

If persons could see or think for themselves of the villainy of these doctors who gave physic during the prevalence of this disease, it would be accounted to be worse than the action of any heathen nation on earth. But as the brutal and uncalled for physics were given by the "regular doctors," nothing is said and no one looks on the past with any more equanimity than the parents who go right on in the same foolish and ignorant manner and allow

their children to be poisoned and maimed by the same drugs that have killed so many.

Let every person who can read the English language read and comprehend, that if the old school of medicine can have its way, they will lose one in every five persons they treat. For the reasons see the chapter on other fever considerations. Measles have been considered.

The first stage when the coughing commences. The fever being in the first stage. With as many other symptoms as may show themselves.

The second stage is when the eruption comes out. The third stage while the rash is going away and the body is peeling off.

### TREATMENT OF MEASLES.

I do not know of any disease where so much can be done for the diseased conditions, as in measles. From the time the patient has been exposed, until they are gone and every vestige of them has disappeared, there is no period, but what an improvement can usually be made in the feelings and conditions of the patient.

On the other hand, if one thinks it is a simple disease and that any one can have and treat; that it does not matter how the patient is treated, there is pretty sure to be a death or some complications afterwards, that is worse than the disease.

Deafness, asthma, blindness, insanity, sore eyes, erysipelas and sores over the body and finally, to end it all, "tuberculosis," or consumption of the lungs, is a frequent sequel of improperly treated measles. Measles is a simple condition, if treated right. But many fatalities are witnessed every season, by the parents trusting to the doctor or some foolish nurse, and giving drugs or allowing the patient an improper diet that should never be eaten. Nothing is as bad as chicken, pork, potatoes, pastry, fried cakes, and coffee during any period, or, when the convalescence of measles is established.

During the stage of invasion (or from the time when the patient has been exposed until the first symptoms of sneezing or the coughing or the sore eyes), the patient should positively avoid coffee, tea, pork, all kinds of starch food as much as possible, especially potatoes and rice, and keep in a well-aired sleeping room at night. The food should be fruits, and the drink pure water and lemonade. Never coffee, tea or milk.

One meal a day is enough until convalescence. Then two can be allowed. No more.

*When the first symptoms make their appearance (which usually is the ninth or from the seventh to the tenth days after exposure), then we may expect to see the eyes becoming tender and the sneezing and coughing apparently growing worse until the eruption comes out, which will be in three or four days after the first symptoms. This eruption usually appearing over the body in three days after it has commenced to come out. First day on or about the head and neck and perhaps some over the chest. The second day on chest, abdomen, back and loins.*

*The third day, the hips and legs. Then it may suddenly disappear and leave the skin to peel off in branny-like scales from all the body, beginning at the face.*

When the rash comes out, the patient is better. The second day one will see, or should see, more rash come out. The patient is still better than before this rash came out. Watch the body and if the patient is doing well, the rash keeps coming out all over the body. When the rash is out over the whole body, and this usually takes the three days, the fever will commence to subside, and if other things are all right, you can say there is no danger further with this case of measles. There will not be any danger, if the food drink and air is kept correct.

Therefore every day is a day gained in any case. You know it will take three days, usually to have this rash out well and when it has come out well on the feet, all the symptoms of fever, sneezing, coughing and tenderness of the eyes will abate just as fast as the body is cleansed.

If during the time you have kept the air, the drink and the surroundings all right, the body is in much better condition than before it had the measles. The child that has been puny and weak, will be better, for there has been a series of purifications taking place that is not capable of taking place unless from such a set of causes. It has been remarked over and over again that when some one has one of these eruptive diseases, is taken good care of and gets over it well, they are better in health afterwards.

For the tender eyes, have the room darkened, plenty of cool water and soft boiled water (or distilled water) for the eyes to be washed with. Cool water would be best. In some cases we can imagine where warm water would be more agreeable and easiest. And this warm water may in rare instances be allowed for a while and stopped, if the eyes commence to swell or the eyelids seem to remain shut. A cold raspberry leaf or sage tea may be used as a wash for the eyes. No poultices should ever be placed on the eyes in any condition. Other means can be taken to get rid of the tenderness, besides allowing the eyes to become poulticed. Never apply poultices. The trouble is NOT IN THE EYES, but in the general condition of the body. The germ makes the eyes tender and we can cut this germ life short when we think it is needed. It is



probable that the debris or excreta from the germ effects the eyes.

For drink, use lemonade or soft, cool water. Milk should never be allowed.

It makes one constipated. It clogs up the bowels and should not be used, because it affords sustenance to the germ. Acids, we are confident, destroy the germ life. The best acids are from fruits.

Buttermilk, in some cases may be occasionally drank if the case is mild and the tongue is not coated. If fever comes up stop it at once. Cider and the currant jelly water are good drinks. Too much cider, however, may weaken the kidneys. It should be watched.

If a patient has been a coffee drinker and desires or longs for a cup of coffee, parch some corn, say a cupful, grind it as you would coffee, boil in a quart of water ten minutes and give them this to drink, with sugar and a little, if any, cream. It is a substitute, but it is not as good as water to drink while any eruption is coming on the surface. It may be given during convalescence, but we do not advise the use of it, only to get rid of the longing desire for a "cup of coffee," which runs in some persons' minds and worries them. The teasing worries one.

If the patient is an adult and has been in the habit of drinking tea, a cup of raspberry leaf tea may be given and it will never be supposed what a difference it makes in the patient. I have known old tea drinkers to take this cup of raspberry leaf tea and declare it was good. There is no reason why it should not be just as good as the imported leaves. I think it is better. Where there comes canker on the mouth, this raspberry leaf tea is excellent to take.

For a baby or infant under one year, when it desires a drink, a cup of weak catnip is the best drink. It should be moderately sweetened. And should be made by placing one small pinch of catnip herb or leaves, fresh and sweet and good, into a cup and turning on boiling water, (soft or distilled,) and letting it stand two minutes. This should be strained through a napkin. Sweeten this and the next time desired make it fresh. MAKE FRESH AND GIVE FRESH EVERY TIME.

Soft or distilled water is the best drink. This can have the jelly in it, that will make it somewhat acid if desired. Never allow the use of citric acid as a drink.

If anything can be said that would lead the parents to think of the conditions, it would be this:—

The lungs are the supposed breeding grounds of the germ.

No place can so much harm be done as in the lungs. Air is need-

ed for these lungs. Needed for the cells; for the blood corpuscles. Nothing can be thought of so much importance as air. Pure air.

Burning rags or burning paper in a room after the patient has a passage of the bowels, is heinous.

Changing the smell of feces for the smell of burned rags or paper is a poor exchange. Open the windows and have the smell go into the air where the plants can take it up. Do not burn anything and do not use anything in the shape of carbolic acid or any other chemically prepared thing. Get the smell out of the room and out of the house just as fast as the wind can carry it out. Open doors and windows. So with keeping anything in the room that smells. Take it right out and have the room free from all smells and odors of every kind. There is no objection to flowers being in the room. But anything that is stuffy as the geranium, should not be allowed to irritate the patient. It is safer not to have plants in the room.

Whatever you do, or whatever you may think, there is nothing that will tell as quickly on the condition of the patient as breathing pure air. It is the one thing needful and without which your child or the patient goes beyond your reach. With good air you are safe in almost any condition. Without good air, your patient is liable to die at any time. It may sink to death so quick that you will never have a chance to rally it.

This we say to you from the heart-breaking agonies and graves we have seen for want of pure air. No room with one window, will do in a case of measles. You need two windows or more and a fire-place to have good ventilation and be sure that no outside scheme should be used, as gasoline stoves, smoky lanterns or kerosene lamps. Tight coal stoves, shut off the supply of air in measles. Consider these facts.

Unless you have air and cool good air, the white blood corpuscles cannot change to red blood corpuscles.

Unless you have good air, these red corpuscles die from the effect of this germ. The germ can live without much air. The blood corpuscles cannot live without air and when these corpuscles die, the patient grows weaker. See to this and do not allow any condition on earth to rattle you from having pure air in every condition of life. In case of the measles, it is the first and best treatment of everything and anything that could be suggested. Pure air and ventilated rooms will bring the patient out, when everything might fail. No medicine and no amount of care will suffice to have the patient well without the *good air* the vital force needs while fighting the germ of measles.

Have the bed higher than the window. Have good air come in from some where and have the bad air carried off through a fire place or a ventilator.

The brass or iron bedsteads, made by the Adams and Westlake Company, of Chicago and of other places, are much better than the bedsteads that are of one solid high piece of the heads. The air eddies round this high and solid head of the bedstead and, leaves it impure. While, in the iron, or brass bedsteads, the air comes freely through the rods and there is pure air for the head of the child.

Some persons may fear the patient taking cold. We say to you, do not be so much afraid of taking cold as of taking death. Impure air, means death all the time. If there seems to be any trouble with the ears, let the patient wear a nightcap. This will be better than in having a tight head to the bedstead and shutting off the air from the lungs of the patient.

All bed clothing should be fresh and sweet. I like the idea of having the comforters made from the best kind of cotton one can afford and covered with cheese cloth. These can be washed and boiled if necessary. They will be easier washed than blankets. Do not have the colored comforters or quilts made from chopped up rags and sold in the stores. Have your own made up bed clothes. These rags may have been boiled up and purified and have some prettily designed covering over them and be sold in the store at quite a fancy price, but they are still old rags from

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NOTE:—The author was once called to see a little child in the morning, who had exhibited symptoms of the measles the night before. Leaving some simple remedy with directions, I drove back by the house at four in the afternoon. The mother exclaimed "I am so glad you have come. The child is worse." I went in and found the death rattle in the child's throat. It seemed impossible, but the child died in less than twenty minutes from the time I entered the house.

I could not account for it, until I afterwards found there was a hole underneath the house where the refuse had been placed before the house was moved there. And, this impure air had been breathed in by the child all day, windows closed up and doors shut, for fear of taking cold, and it only took about eight hours of that smothering to kill the handsome and bright little girl.

In another case, where there was a hole for a cellar, I saw two healthy children die, one after another from the measles and complications and, from what was learned afterwards, there had been a standing pool of water in the hole of a cellar a good part of the year. I say these facts of deaths and sorrows, makes the writer desirous of asserting that nothing is of so great an importance in the treatment of measles or in fact, with any eruptive disease, as the fact of having and keeping pure air continually in the room. If this is assured and the patient is not given any of the irritating and beastly physic so much advised by the doctors and foolish hens who come in to advise and make trouble, then the case is almost sure to get well. Impure air and physic kills the case.

everywhere and we detest them. We tell you do not use them. Burn them up, or if you desire, you can give them away. It is no credit to give them away because they are no good in any place. I would not have a dog litter on one of the colored fancy quilts or comforters sent out from our great cities.

Get the best of cotton and that which is free from dust and sticks and get the cotton cloth for covers and have your own sweet and clean bed clothes. They are easily taken care of and after one is through with the measles, it is not much loss if they are burned up. We advise, in the cases of scarlet fever to burn them all up, that cannot be boiled in a boiler. Rinsed in hot water. Dried in the sun. Change all clothes every day, after bathing.

In the winter, blankets could be used by the child who is coming down with the measles. We should prefer sheets of linen. These can be washed and boiled so as to get rid of all the germs.

Moreover, the little particles of wool from the blankets, are liable to come off and go into the lungs. If they are blankets that have been washed, this may be obviated to some extent.

It must be confessed blankets seem to be the best in winter and the linen sheeting is best in the summer. If this is possible have the patient's head to the north and to sleep without any pillow.

There should be a piece of carpeting or a rug for it to stand on when it gets up for the motion of the bowels and to pass urine and shawl or jacket for the shoulders. But there should positively not be any woollen carpets or rugs in the room.

There are four symptoms in the cases of Measles, that seem to call for immediate treatment. They are:—Tender eyes; sneezing as if the patient were catching cold; coughing and the fever.

Sneezing is caused by the Vital Force trying to rid the nostrils of some extraneous object. This may be the germ or the sensation of the germ, or of debris or excreta from the germ.

At any rate, the sneezing may continue from the time the patient has the first "SYMPTOMS," to the time the rash appears on the surface. When the circulation commences to be equalized, then the sneezing becomes less. Give Composition freely.

Any stimulant that will warm up the body, will alleviate the sneezing. Sage infusion is excellent.

The ELM and CAPSICUM, will be the best remedy, as this will also be the best remedy to give for the cough.

TENDER EYES should be placed in a dark room, with plenty of cool water applied with soft or old linen cloth. This will also relieve the frontal headache there is liable to be present if the bowels are constipated. In which case the four quart injection to

the bowels should be used every day, at the most convenient time, preferably at about three or six in the afternoon. But this injection may be used at any time, without preference as to time, if there is much headache and the bowels have not moved for twenty-four hours. Use it right away.

For FEVER, give the FEVER TEA. This is made according to the formula in the end of this book. If the patient is very dry on the skin, add more pleurisy root to it. If chilly, add more catnip.

If rash has not appeared and surface feels cold, add pennyroyal to this, or make either of these infusions and give in alternation of the elm and cayenne infusion. (That is, give one dose of the elm and cayenne tea, one half hour, and one dose of the other the next half hour.) The dose for a two year old child would be a teaspoonful of each. This dose can be increased.

For the child of five, two teaspoonfuls, and if the fever is high, give more of the *fever remedy*. If the coughing is bad and the child is hoarse, give more of the elm and capsicum infusion.

Washing the body with the hand frequently wet in cold water is one of the best, if not the best, means one has to overcome the fever. Never give aconite, belladonna or quinine.

If the tongue is coated, eyes hot and tender, tongue heavily laden with a thick yellow or brownish coat, and the breath offensive, then the best thing to do for all symptoms will be a *thorough emetic*. There is no doubt in my mind that hundreds of cases could be cut short by having the stomach cleaned out with emetics and relieving the bowels with injections.

The emetic not only relieves the stomach, but it takes out the morbid material and the refuse from the dead germ, cleanses out the upper part of the small intestines and thus gives all of these organs, stomach, lungs, liver, gall, bladder and the second stomach an opportunity to take in supplies and to send out the refuse material that is lodged somewhere there and is making an obstruction.

The emetic can be made from catnip, composition and lobelia leaf, as on pages 184-5. All made into infusions and given according to the age or the condition of the patient. See emetics in Infantile Fever.

Should the first emetic not relieve the case, a second can be given the same day or the next day. And a third will be needed if the body is one of a gross feeder. It is better to give this emetic as soon as the person shows the first symptom, rather than wait a day, if the tongue is much coated and the breath is bad—sweetish, offensive, or laden with impurities.

If the patient seems cool, I would use pennyroyal or peppermint instead of catnip.

If there is bleeding from the nose, raspberry leaf tea will be a good adjunct with the emetic. That is, give a cupful of raspberry leaf tea every time you give a cup of composition tea. This emetic will equalize the circulation and stop the nose bleed.

If there is rattling in the chest, the spearmint is the best to give. This can be given freely any time with the emetic, or after the emetic is over. Spearmint and peppermint are good for the rattling in the chest. May drink a cupful at a time. Sweetened for a child of five. Repeat in twenty minutes.

Should the rattling appear at early daybreak or in the night after the patient has been quietly sleeping, the pack is the specific.

Take a soft towel of two to four thicknesses and wet it in cold water, soft water and perfectly clean water being the best. Do not wring it too much, only so it will not run water.

Have a soft flannel or a small blanket or another Turkish towel to place on top of this pack. Place the wet towel next to the skin. Then pin the small blanket or the flannel round the chest snug, UNDER THE NIGHT DRESS. Then pull the night dress down over this. Have all things ready and do it quickly.

It will be better to apply the pack over the chest and well under the arms, and allow it to go down over the entire abdomen. Then cover up snugly and pin the flannel round the body under the arms. The pack can also cover the throat, if the head seems to be stuffed up, by placing a towel wet in cold water round the throat and then a dry one over this. This may be pinned snug, but should not be too tight round the throat so as to be uncomfortable. A hot water jug or a bottle may be put to the feet.

The packs can remain on for three or four hours (or until there is good perspiration) and taken off and then wash the parts with the hand wet in cold water and wiped dry. This will sometimes take down the rattling quicker than any thing and can be done in the early morning or at night.

And the pack can remain on all night. Then if needed, the emetic can be given in the morning, if all the symptoms are not better. Always wash the parts with cold water when the pack comes off. And do not take the pack off, until the patient is in a sweat if it takes four to six hours, unless it should be taken off to give warming teas and the emetic.

NEVER PUT ON A PACK when the patient is cold or chilly. Always apply pack when the body is warm and dry.

In placing the pack on the body of any patient, remember that the wet towel should go on snug and smooth.

That it should be wet and not wrung out too much. Then the dry one should go over this wet one to cover it up snug and smooth. Then there should be a piece of flannel, or some coarse bath towel or some coarse cloth to cover this whole pack up snug and smooth and so that no air can get underneath this pack. If it is put on properly, there will come a warmth to the body in less than two minutes.

But, if this pack is put on loose or wrinkly and so that the air can get underneath the cloth, the patient will never get warm and it will chill the skin and do more harm than good.

Mind these directions about putting it on smooth and covering it up snug and one never need be afraid of the pack in cases of measles, pneumonia, or in any cases of fever, rattling or short breath. It should not go on when one is chilly; and should not be placed on any part of the body until the bowels have been moved within twelve hours or, there has been an injection. In some cases of rattling of the lungs the injection will, at once, relieve it. The best injection is warm catnip infusion. The next best is spearmint or peppermint infusion.

In case of diarrhea, do not pack; but, use injections of Raspberry leaf infusion to the bowels.

One of the considerations that should be in one's mind, when they are taking care of a patient with any one of these eruptive diseases is this:—If the patient is asleep and resting easy, it should not be wakened for anything. Sleep is better than medicine.

If it shows any symptoms of distress from any cause, then these symptoms should be thought over, and the conditions should be changed for the better.

For these reasons, it is best to have the patient washed and given the injection at about bed time and then, when it is ready to sleep—it will sleep a good part of the night without waking. This is right. While the body is sleeping, the vital force is fighting and getting rid of the germ and driving it to the surface and the next morning, the patient will be all the better for having this good sleep during the night.

If it be weakened for no cause, then there will be wakefulness and the next morning it will be crosser than it would otherwise have been, if it had been allowed to have the unbroken sleep.

Oftentimes, where the measles are light, and it is warm weather, (the best time to have the measles) the patient may sleep for one to five hours and then wake up and desire a drink.

In these cases, have the ELM and CAYENNE tea ready and give one tablespoonful to child of six or eight, teaspoonful or two to child of five, before the drink is given.

This prevents there being any sudden chilling of the stomach after the taking in of the cold drink. The cold water is all right to give, but the elm and cayenne being warm and stimulating, will prevent the stomach from being too suddenly contracted with the cold. Another thing. If there are worms in the bowels, they will turn down with the first taste of the cayenne and they will be well down before the cold water gets into the stomach. If the cold water drives the worms down and causes them to be cold and suddenly to contract in a ball, you will have pains in the bowels afterwards. This is a good point for you to consider.

If the urine is scanty, give peppermint tea. If the urine is scalding, give flaxseed, raisins and rock candy infusion.

These can be given in half cupful doses to the child of eight and half as much to the child of four or three, according to the condition of growth and other conditions of the child. It can drink all it will of these infusions and they cannot do any harm to the child's body. Liquids are necessary for the body.

On the other hand, if nitre is given, or, any of the doctor's drugs, you may be sure there will be some afterward effect and, although you can imagine you will get off from these effects of the doctor's drugs, yet there will come something afterwards that will make you wish that doctor had been dead, where the animal should have been.

I have known of the measles going in and the patient linger along and finally have some other diseases and carry her off from the after effect of these drugs from the doctors.

I have known of children becoming idiotic when they had been given belladonna while they had fever from any cause. And seen them die rotten from the effects of these poisons. The reasons why we have so very few children who grow up and become old men and women, is from this cause of giving the drugs from the doctors. Do not forget this one minute while you are tempted to give some of these drugs and doses.

Castor oil, nitre, belladonna, aconite do not do any good in the body, and they do an immense amount of harm to any condition of the body, because they kill the corpuscles and thus deprive the vital force from having as many servants as it should have to work in the body. Belladonna keeps the measles germ inside of the body and it comes out as erysipelas or sore eyes, or, it might come out



as some bunch somewhere and become in after years, a nucleus for a cancer.

More than likely, this kept in germ, goes to the lungs and there it causes a condition of weakness and rottenness, and after a time the poor creature has the consumption.

Such facts demand your consideration. More especially as the doctors are taught a set of lies in their colleges and they will tell you these lies and give your child these poisons and render your child forever ruined.

These doctors will never tell you anything but lies and make assertions directly contrary to the truth, because this is what they have been taught in their colleges and they believe in these lies.

"The wise shall understand."

"The wicked shall not understand."

If the food and air are right, you can depend on the vital force to take care and expel or kill this measles or any germ and drive it from the body. Do you keep the air, the water, the food right and nature or the vital force will do the rest and do it as God has set this vital force to do it.

After the measles have gone and during the entire time while the patient has the measles, there should not be any reading.

Children should not go to school for fully six weeks after the measles have entirely disappeared from the body.

If the child goes to school too soon, there may be blindness or deafness or something else comes up that will not be so easy to get rid of. Keep the child at home and let it run round and have all the air it can have, until the body has become equalized again. Potatoes—pork—coffee and fried cakes should not be eaten until the forty days have fully elapsed after the measles have gone. If you take our advice, you will never allow the child to eat potatoes, pork, or pastry as long as you have control over it.

The same general laws about feeding laid down in diphtheria and scarlet fever, should be carried out in measles.

Candies, pastry of all kinds, should be wholly abolished.

Feed nothing until noon. The best way is to have everything cleaned up well or so much as can be done up and then have the first meal from ten to noon. And, NEVER give any food until the patient commences to ask for it.

This is very important as the food cannot be digested until there is gastric juice in the stomach and there will not be any gastric juice so long as it is being called off somewhere to fight the measles germ.

Be easy and quiet in all cases where there is any doubt. Every

day is a day gained if the patient remains no worse. If you understand the course of the germ then, from day to day you will see the changing for the better, and you will go on to success.

Whereas, if you trust the foolish "scientific" poison giver, he will tell you of "forms" and "developments," until you are rattled and do not know how where to commence or where to leave off. Be sure to have the knowledge in your own head and then you will be independent of these lying doctors. They do not know how to treat their own children, and how can they know how to treat yours?

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## SCARLET FEVER. OR SCARLATINA.

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*A specific, contagious, infectious disease, caused by the entrance of the Scarlet Fever animal germ.*

*Seldom taken but once and is rarely seen in a person over forty years of age.*

This is an eruptive disease, characterized by an eruption which should be all over the body. It is produced by a germ, which, we are assured is an animal germ. After the germ is taken into the body, it remains inside from one day to fourteen. But the average time for its staying in before it makes its eruption is said to be thirty six hours. The reason for the difference in its appearance, may be said briefly to depend entirely on the constitution and condition of the body of the child. And, also, as we have shown in the preceding article, the symptoms depend greatly, or, we might say almost wholly—after the contagion of the animal germ—on the conditions of the fluids of the body.

A TYPICAL CASE OF SCARLET FEVER. A mild form.

After the child has been exposed to the contagion, there may, (as we have seen,) be a lapse of one or three days, or more, when the "rash" makes its appearance, either in the eyes, in the face or on the chest.

In a nursing child, the points may be first discovered under the diaper when it is being changed. The history of the case as well as symptoms, may confirm the diagnosis.

Calling this the "first day," of the rash, if it is to be a mild case there will, or is liable to be, three days more of the "coming" of this rash. Will appear on the eye-balls, throat and upper part of the body.

If the child has been on correct diet, we will have a mild case and the rash will come out easy.

If we have a child that has been fed on pork, potatoes and has eaten grease of all kinds and drank coffee, we may expect to have a severe case. For, it is the condition of the child in its habits, that changes the type of the disease. When we find an eater of lots of starch and one whose habits of bathing have been neglected, we will find the difference of type. The germ that gives the provoking cause of the fever, is the same kind of a germ, no more, no less as when it is mild. The condition of the child's body, makes the difference in the type of the disease.

FIRST DAY, it will spread to adjacent points from where it seemed to be commenced; or where it appeared at the first.

THE SECOND DAY, there should be a much greater area than on the first. The rash should be well out on the upper extremities and body.

The tongue will be more coated and the breath somewhat sweetish or offensive. The face may swell some on the second day or it may not swell until the third day.

The fever should be well developed on the second day. That is there should be heat and redness all over the body. The pulse quicker and the temperature, if taken, will show fever, according to the effort being made by the vital force. It is of no consequence (if the writer is correct,) how much the temperature goes up. If one watches this temperature and tries to control the fever or reduce the fever, by any known agent, we may be sure we are reducing the vital force and if we foolishly give poisons to reduce fever, we are as good as murdering the child. Of course we shall say something of this later on. We should assist this fever to overcome the obstruction.

THE THIRD DAY there should be still more fever,\* and a much larger area of the rash, and, if the child is doing well, this rash should (the third day of the appearance of the rash) be all over the body and well out on the tops of the feet. Although in some cases the rash never does appear to come out much on the top of the patient's feet.

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\*:--I know that this is directly contrary to the teachings of the Allopathic school of medicine so called. They teach that this rise in temperature should be combated and this fever and this temperature should be reduced. I was taught so, and have, when I did not know any better, done this very thing. But it is directly contrary to the truth and to the best interests of the patient.

Let the temperature go as high as it will under the supervision of the Vital Force. This is the controlling influence of the body. Belongs to this special body and raises this temperature to get rid of some elements that are in the body. Therefore, instead of trying to thwart this Vital Force let us find out WHY this temperature is being raised and assist this Vital Force to get rid of the obstruction which the Vital Force has raised this heat to do.

When-ever this rash comes out on top of the feet and seems to come out so it can be seen plainly, the case may be said to have reached and passed the danger point. The rash will next commence to disappear and slowly going away for two to five days, according to the general condition of the system. Although the first places where the rash appeared, may already be peeling off and much fainter in color.

If the child is healthy, has plenty of air and the food is right, there may be only three days of coming out of the eruption, and the rash will come off in little scales every time it is washed. Or, it may come from the skin every time the patient is rubbed in any way.

The skin, until this rash or scales does come off, will appear to be rough under the touch and will seem harsh on, or under the rubbing of the hand.

From the fourth day until the skin is entirely free, there should be an every day improvement of the skin and all the rest of the body.

The tongue will clean off at the time the rash commences to go down. It may be cleaned off before, but should by all means be much better when the rash commences to go away or peel off.

It is said that at the time the skin is peeling off, is the worst time for the patient to give the contagion to others. This is certainly the time when it can be carried the easiest, as, at this time, there are more scales and particles of skin and, of course the attenuated and dried up germ in or, among the particles of skin. These are light and can be sent across the continent in a newspaper and sent into any family who handles, or is within the scales flying from these papers. We have seen just this case. A family living in Seattle, had all the children sick from being in communication with another family in New York City, who sent them the papers and illustrations that had been handled and read by the sick children in New York City. All the children had it and all lived. The cases were of a mild type.

Sore throat will not be present in scarlet fever provided the conditions are not there. The swollen eyes and many other symptoms will not be present if the child's body has been kept free from contamination and deteriorated air. In all cases of trouble in the throat, treat the case precisely as we have laid down in diphtheria. Indeed, the treatment of diphtheria should be adhered to in all cases of scarlet fever where there is sore throat without regard to the eruption. Especially is this true in regard to any trouble or swelling of the throat.

We may emphasize this by stating that if the body is clear and there is no sore throat, we may expect a mild case.

But, if the throat comes up sore with bunches, we may expect a severe case. We should in such cases of scarlet fever, give the fever compound with the addition of Canada snake root, equal to one part. The cut elm compound may be relied upon in all cases of coldness of the skin.

In these severe cases, the emetic is the safest treatment to give and to follow up by injections to the bowels, so as be sure of the rapid cleansing of the body. That is emetic in the morning; injection before bed-time. But, if there is any headache or the patient is constipated use the injection at once, and follow with the emetic. See pages 184-5.

Perhaps the most certain symptom, indicating the necessity of the emetic, is the coated tongue. If the tongue is bright red, or what is called "Strawberry tongue" give the elm and capsicum and the fever infusion. If coated, and throat sore or swelled give the emetic.

As soon as the rash comes out or apparently comes out, the child is getting better.

The remarks that we have made in regard to the food in the article typhoid, should be heeded here. No appetite, no food.

Breads should not be given because they are too starchy and sticky. Depend on ripe fruits and one meal a day. We reiterate our caution against allowing chickens, potatoes, mushes, milk and breads. These should under no circumstances be allowed. A corn meal gruel is much better for children and if it is not hungry enough to eat this corn meal gruel, it is better for it to go without food, even if it does cry. Give the daily cold bath every morning.

If there is itching on the skin, wash the skin with soda water or two quarts of soft water in which a dessert spoonful, heaping, of soda has been dissolved. Rinse off in cold clean water. This will allay the itching and stop the roughness of the skin. Rub on oil for this. Do not use lard or pork on the body of the child if you can possibly avoid it.

The injection should be given every night unless the passages are loose and it is a very mild case. If the parents or guardian sees to the fact there is no physic given of any kind or under any excuse, it will be found that scarlet fever has no terrors.

The allopathic advice in many of their books and especially in the books that have been written by these old school physicians, is an early dose of physic. We state most positively that physic should never be given and we have evidence in their own books that their giving physic destroys every year thousands of chil-

dren. We spent once almost two months in finding out why it was that they lost so many children in Great Britain with scarlet fever and the history of scarlet fever under the allopathic treatment has been, that they first bled it and they lost every case. And then they physicked it and lost pretty nearly every case. And, finally, a man by the name of Huxham, seeing the fatality of medicines, physics, gave them a tea of calisaya bark and from this time they have not been so fatal.

But we quote from the old school Bartholow page 788, sixth edition, says, "The most efficient laxative is calomel from one-sixth to one grain, rubbed up with sugar and dropped on the tongue.

We might go on and tell you of the other authors of that school, but it is universally calomel. And calomel is made of salt and quick silver boiled together so that you may judge what erroneous ideas this old school has.

Treat your child without physic, giving it mild teas and let the rash come out and you will have no trouble with your child.

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## SPASMODIC CROUP.

### ALSO CALLED, FALSE OR CATARRHAL CROUP.

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When we read the "regular" Doctor Books, they tell us they are "in doubt" about the real nature of the disease. We think all doubt can be dispelled by observing the Laws of Protoplasm and finding out the foundation causes of this disease.

1. The corpuscles of the blood being loaded up with too much starch or excess of albumen, are in some afternoon, chilled and killed. (Barelegged children and those whose abdomens are unprotected, suffer most frequently.)

2. This killing of the corpuscles in a child may occur during any part of the day, but we think it is more liable to take place in the afternoon of some warm day, when, as it almost always does in the autumn, turns cold toward night.

3. These dead corpuscles, being dead and having no more life in them, cannot make any exertion, but are drifted toward any place where the blood stream may carry them.

4. The heat of the body disintegrates these dead corpuscles, and they become dead atoms. Dead because of the chilled condition of the feet or legs of the child. Disintegrated, because the heat of the body and action of the fluids naturally disintegrates them as quickly as life leaves them.

5. In the natural course of the action of the blood stream, this mass of atoms finds its way to the lungs.

6. Being of an irritating nature (because dead and inert) these corpuscles dead, or rather these particles of dead matter, become a source of obstruction along the tracks of finer streams of blood flowing around and in the lungs (around the air cells where the living blood is being arterialized or taking on the necessary oxygen from the air) and there is an obstruction.

7. The blood stream is obstructed.

8. This makes an irritation of the capillaries and they contract; and in turn the air cells contract involuntarily and the patient cannot draw in the breath because of this obstruction which we have explained, if we have explained it to the readers' comprehension. At any rate, if one understands these steps, they will understand much more than the average college graduate knows when he comes from college and much more than the rot usually printed for the benefit of those who practice the giving of poisons called the "*Practice of Medicine*."

Spasmodic croup is not dangerous. A whistling, wheezing, accompanies taking in of the breath.

There is a peculiar squeaking to the voice; an effort to get the breath in the lungs; staring of the eyes, struggling to draw in the air, a clutching at something and a most peculiar and many times frightful expression on the countenance. It is peculiarly terrifying to the fond parents and they at once rush for the doctor, unless they have had some experience, when, as a usual thing, they give syrup of squills or "hive syrup" or something of this sort and the child soon gets over it.

Causes are excess of starch in the system. Too many potatoes or, too much fine flour bread or oatmeal mushes or some of the grains that have excess of starch or albumen in them. Milk from a sick cow or a potato fed cow will cause croup.

Then a cold killing or chilling the corpuscles and the obstruction commences.

The remedies for Spasmodic Croup are many. The object is the same. To relax the contracted air cells.

To restore the circulation.

If this idea be thought of, no one could ever have any hesitation in doing the proper thing for all cases of croup. Any one thing that will change the condition of this contraction of the air cells from the irritation that is in them and has been brought there from the blood stream, will be an efficient agent in getting rid of the attack of spasmodic croup.

And, it is owing to this fact that so many remedies have been thought to be, and really have been successful in the treatment of this species of croup.

□ That to which we most strenuously object in the administering of these remedies; is the condition the child is left in, afterwards. If quinine is given, the child is liable to become deaf or have an engorged liver.

If any preparation of opiates is given, there will be constipation and bowel trouble come up afterwards that will give much uneasiness and permanently impair the mind of the child. We state this to you.

If castoria is given, the child may be cross-eyed.

If you give Dover's Powders (advised by the curse of God allopathic school of medicine) you will have a liver disease and, simple as it may seem, you may lay the foundation of a hip disease.

Now this seems absurd. But the writer has seen just such results as he is writing about. Dover's Powder and all opiates constipate the bowels. When the manure is kept in the child's intestines, it can be absorbed again and passing into one of the hip joints, cause disease.

We tell you this manure so retained in the system may produce hip disease or, afterwards there will come up St. Vitus Dance, (chorea) and no one will ever tell you of the causes of these conditions. Forewarned is being forearmed.

The old Eclectic remedies, alum and molasses; plaster of snuff and hog's lard, squills and castor oil, glassful of lard oil or, goose oil, have, with too many others to mention, been used as medicines for this condition of croup.

Gunn's Domestic medicine advises warm baths or "tepid bathing."

We mention these statements to show that if one would think a moment they would see there is no good reason for these manifold specifics, but, that they have been successful, no one can deny.

The reasons of their being successful is because they have stimulated the circulation and started the effete and disintegrated (chilled and dead) blood corpuscles from their surrounding of the air cells and immediately the wheel of circulation have commenced and the croup is gone. Obstruction is gone.

If you will understand this series of facts, you can prevent all cases of croup.

First the food. Avoid potatoes, eggs, coffee, tea and hog meats. Milk should be kept away from the croupy child. So should pastry and fried cakes of all kinds. (Croup usually does not attack a nursing child.)



Soups, beef, mutton are correct. Clean fish are all right. The best food being plenty of nuts (always with the meal) and fruits so that all starches can be turned into sugar by the aid of these acids of the fruit. This is a very important fact and should bear your sincere investigation.

Second, the clothing of the children should be so that there cannot come any sudden chill to the surface of the body.

While we have a preference of having children barefoot in all kinds of weather (reason in all things) so as to toughen and harden the constitution, yet we know that if the feet are well clad and the legs are bare, or, the little abdomen gets chilled while it is loaded with food, there is going to be serious trouble with the child.

After dinner the child should take a nap up to the beginning of four years old. After dinner being the best time.

Then it may stay up all day (if in good condition) and should go to bed early at night.

During the day time a band of woolen on the child up to the age of seven years will prevent much of the danger of sudden chills.

Stockings should be long and should cover up the knees well and the supporters should be fastened in such a manner that they would not allow the stockings to remain half down and half of the time up. Keep them in place.

By thinking over these facts and many others that we have not space for, one can see that all kinds of croup are easily prevented and that there should really not be any danger from a child ever having the attacks of croup.

Remedies for spasmodic croup—there is no one article to give, that will give so much instant satisfaction as the croup syrup, the formula of which will be found in the appendix.

The dose may be all the way from one to three teaspoonfuls given right after the other, although one teaspoonful will usually be enough for a child of three years. It can be given every five minutes. Warm teas, (infusions easily made with boiling water) will be a great help in all cases.

A warm cup of sweetened peppermint tea or spearmint tea seems to be almost a specific.

So also is a half cup of composition. Thomsons' composition being most effective.

It will be seen in many Eclectic and domestic books that have come to be considered as authority, that squills, castor oil, tincture of lobelia and blood root have the first rank as remedies. Croup syrup—while very simple; will do more than anything they can name and as it is easily prepared, can be kept in the house.

We may give a *second remedy* as easily as the first, only taking ten minutes to allay the attack.

Make one cupful of composition and another half cup of lobelia leaf infusion (see infusions) and give the child of five years three teaspoonfuls of warm, sweetened composition and one of lobelia leaf tea. Almost the first dose will relieve it. Continue this alternation until the child vomits or, is much relieved, then make the doses farther apart or, if it gets so it can swallow good, you can give the emetic. Which is really the proper course to pursue the next morning, or as soon as you have time.

If these things are not at hand, an infusion of peppermint or of spearmint tea will usually effect a relaxation of the air cells,

*Fourth remedy* for croup or any other rattling of the throat.


Have a blanket small enough to wrap the child up in all over,

Have small blanket to place under the arms and over the chest.

Put large blanket down first. On bed or large cradle.

Smaller blanket over it.

Then dry towel or if thin—place two towels across the blanket.

Then place towel (linen and soft and old clean towel is best) *wet in cold water* (soft water is best; but any kind will answer) quickly over all the chest of the child covering up under the arms good snug.  Mind this:—Have the wet towel SMOOTH and laid SNUGLY to the skin ALL OVER THE CHEST of the child.

Then quickly as possible, bring up the dry towel and have this snugly lapped over the wet towels.

Next bring up the blankets one after the other and have the child in this wet chest pack and plenty over the body to keep the heat that will soon come to the surface.

It will only take one or two minutes to change the labored breathing into a sweet easy sleep and there will be such a transformation as will surprise you. No medicine is needed in this treatment but it should be seen to, that there is a copious evacuation made with syringe filled with warm catnip tea, as soon as the morning comes, or as soon as the patient gets easy and has its sleep out.

Bath all over, quickly, in cold water, wipe dry and change all clothes, when morning comes, or when it sweats profusely.

If the child is small and will not lie down when it has this pack put on it, the father or mother can have it well wrapped up and then it can be held on the lap for a few minutes. No matter how it screams while this pack is going on, it will be so much easier in five minutes, that no amount of argument will ever change you from the belief in its efficacy and its perfect success in any and all cases of spasmodic croup.

This knowledge has been lost; first because these parents have forgotten God, and second because these doctors desire to have the entire care of the children. The doctors hate to have the parents educated. If the parents were educated, there would not be anything for these doctors to do.

After an attack of croup, baked apples or well cooked corn meal gruel are the best foods.

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## CHICKEN POX.

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This is also called "Varicella."

Some writers have thought this is a form of small pox, because when it first comes out it looks somewhat like it. Children take it from six months old, upwards.

It seems to be unable to be taken when the person is over twenty-five years of age. The time of its incubation may be eight days. May be longer or shorter.

It is a disease that is not counted for much and yet, if one makes a mistake in knowing what it is, from small pox, the patients will suffer. Especially suffer if they are doctored by the drug stores or by the doctors. Giving physic is the most common treatment and this entirely wrong in every way. For the same reasons found in the article on scarlet fever.

At first there will be fever.

This may last a day or two and then pimples come out. These grow until they look like little boils. They may be punctured and a watery matter comes out. This is different in each person according to the condition of the body.

In some children it will be really pus, in others clear fluid.

This will last in successive crops until the whole crop seems exhausted and they will dry up. The most noticable thing or symptom is the intense itching in some persons.

Many articles have been tried. We think the best thing is to have the water bath with soda and water or a very weak lye made from wood ashes, and surface of the body washed over and then rinsed off with cold soft water. Then there can be cream applied or unsalted butter or sweet oil.

The patient should not go to school. Should have fruits for diet. Prunes are the best sauce. No salt food of any kind should be given; or much grease.

No tea, chocolate or pastry. A child may be allowed to run out

and play. But as the breathing will inoculate others, it is of doubtful policy to allow it to play with other children who have not had it.

It lasts usually four or five days. May last two weeks. This being according to the conditions of the body of the child. Children having good bodies will not have so much of it and there will be less itching than in those who have been fed on potatoes and pork. And drank tea and coffee.

In some cases where the patient has been dosed on sulphur and molasses, and doses of physic given, with wrong food it has been known to last for ten weeks.

The ones who have been coffee drinkers are subject to much worse attacks than others. Candy eaters also have severe attacks.

The only condition this will look like, is after a child has been vaccinated or has the small pox.

These two may look some like it.

But small pox will have continued fever. The patches will run together in the small pox or the skin will be red all underneath it.

While the chicken pox, there will only be the pimples or pustules and the rest of the skin will be simply natural. There is peculiar smell with small pox which once smelt will never be forgotten or sent out of memory. The treatment in chicken pox, is only to allay the itching. The body will kill or drive off the germ and it will be over. Itching may have to be allayed with warm baths, unguents or greases of some kind, preferably oil or unsalted butter or if severe may be allayed by simmering one heaping teaspoonful of lobelia seed powdered in a cupful of cream.

Rub this on thoroughly and let it stay until the itching is allayed. It will effectually preclude any sores or scars after the pustules.

In other general symptoms there should be the same treatment to cleanse the body that we have laid down for scarlatina and measles.

## ROTHELN, OR FRENCH MEASLES,

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This disease is named in some text books, Rubella, or German measles. It has been supposed by some writers to be a hybrid between measles and scarlet fever,

The symptoms are much the same as measles. Perhaps we should say, a light attack of measles or a cross between measles and scarlet fever.

In the Western and in the Middle states the disease may appear by some eruption coming out and much itching. Not much cough and very little of any other symptoms. No premonitory symptoms noticable in some cases.

Before the eruption comes out, the child may appear somewhat dumpish and stupid and may complain of pains anywhere. Especially in the head. There may be an inclination to sleep. This symptom should be watched and no mistake should be made, applying this to some other condition and give the routine physic. We mention this here, because we have known of physic being given when the cases had been exposed to Rotheln and the next thing was spasms and death from clogging in the bowels. Or brain affection.

The eruption never coming to the surface. If the eruption had appeared on the surface then there would not have been any spasms.

**Stage of invasion.**—The stage of invasion is at least ten days from time of exposure.

The longest time from the time of exposure is twenty-one days.

If the child has been exposed to German measles, it will be time to look for an eruption in ten days and not to cease looking after it until the twenty-first day has gone by.

**Symptoms.**—What has been asserted about eruptions in cases of scarlet fever and measles will apply here with only the difference of time. There may be hoarseness and sore throat with some cases. Eyes may be suffused and there can be a cough. Most usually there is not much of any cough with it. While the regular measles there is almost certain to be very severe coughing spells and sore eyes. These may be diagnostic symptoms.

The eruption usually appears on the face first and maybe in the form of little round points. Sometimes in some cases this will run together and at other times this will remain separate.

There may be some fever in some cases. In other cases there

will not be much of any fever but there will be much sleepiness. By referring to what has already been noted of scarlet fever, one can read the rest of the symptoms of Rotheln.

One of the most common appearances is in small spots on the face and neck. If the eruption comes out over the body, it will appear to be itchy and the patient will be scratching these places that are already erupted. The condition of the child's body determines the condition of the rash.

In stating these facts over again, it will be the same as previously explained under the head of scarlet fever. The patient who has been living in a vile locality and eaten pork, potatoes and fine flour bread, or the one who has been constipated or who has passed the winter in a room heated by a hard coal stove or, in an illy ventilated room, will have a harder time and much more eruption than one who has had good air and has had the food of fruits and sound meats with vegetables not too starchy. Potatoes are a vegetable that should never be eaten at the time of this eruption, nor while it is on. These potatoes clog the blood and do not do any good for the body. Too much starch.

Coffee or tea should never be allowed.

The rash is liable to come out at face and thence appear over the rest of the body. Although in other cases it may appear on the breast and chest and go all over the body. This will be according to the condition of the child's body in its diet relations.

**Duration**—The duration of this disease from the time of its appearance should be about five days. If the child is filthy, or weak, it may be more. In case the child has had its daily cold bathing, it will be less and in three days the eruption may be gone.

If the child is weak it may last coming to sight for part of the day and fading away and then coming on the next day and this may last for ten days.

After it has appeared and the child is getting better, the skin will peel off, or the old scales will drop off, this is called desquamation, which means the scaling off or peeling off.

Sometimes the whites of the eyes may turn yellow. This indicates there is some clogging of the liver, Fruits should be given as food and only food given twice a day and then only as needed or called for.

**Treatment**—This should be as it appears. If light, give the child sage tea with peppermint and pennyroyal and keep the child from taking any cold or being exposed to drafts of cold air.

If there is itching, wash in warm soda water (teaspoonful heaping two quarts of warm water,) and then rinse directly with cold

water. This final rinsing off with cold water and wiping dry is very important as the child will get cold with a warm water bath in soda, unless the greatest care is taken.

Therefore wash carefully with warm water and follow with cold bath after every time the soda is used, or warm bathing with the hand.

We desire to impress this particularly on every parent or nurse.

All warm bathing should be forbidden, only on some especial point, as in this itching, or something else. Maybe to get the child clean. But it should never be indulged in while there is any danger of taking cold on the skin and this is always when the temperature is cooler than the water used.

Although the shock from the cold water may be great, yet the reaction is of great benefit to the whole body of the patient.

Whereas, if there is a warm bath, the parents may be sure, unless the cold bathing follows, there will be reaction from the warm bath and the skin will be chilled and there will be a chill or cold.

By bathing the skin with the hand every day there is no danger with using cold water even on the most delicate child. And bathing in warm water makes a delicate child in any family. The only tough ones are those bathed daily and quickly, in cold water. If the throat is sore, use the cinnamon compound, composition and if the sore throat is continued use the wet pack over throat or give the emetic. This last will be needed if the tongue is laden or is coated with a yellow coat and the breath is offensive.

The cause of the swelling of the glands of the neck and the sore throat with the suffused eyes, are from the same causes as in regular measles and in scarlet fever.

The same treatment can be used as this is the safest and most certain of removing the obstructions that cause the gland swelling and other conditions.

In short, all symptoms mentioned in scarlet fever and in measles can be treated the same, as they are from the same causes, although this provoking cause in German measles may be and doubtless is, different than in scarlet fever and in regular measles. The condition of the body of the patient, diet and other habits are the same and the condition can be treated with the same remedies as mentioned in scarlet fever and in measles. As needed.

We caution every one about giving physic or allowing the child to catch fresh cold. No milk or potatoes should be used. In nursing child, all the safe guards should be used against having the mothers' milk contaminated from any cause and she should

not be compelled to wash clothes, or make bread or do any laborious work while the infant has this eruption. Nor for six weeks following. See scarlet fever and measles.

**Comparisons.**

Scarlet Fever.	Measles. Contagiousness.	Rotheln or German Measles.
Very contagious if the person has never had it.	Certainly contagious if the person has never had it.	Both contagious and infectious.

**Time of Incubating.**

One and one half to eight days.	Usually nine days. May be fourteen days.	From ten to twenty-one days.
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**Premonitory Symptoms.**

Sore throat, chilliness spasms, if the patient is physicked; more likely than not to be vomiting.	Sore and tender eyes. Cough, red face, irritable, ready to cry, sometimes there is vomiting.	May have slight sore throat, swelled glands. Is sleepy. Face may be pale. If the bowels are loaded, sleeps with eyes half open.
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**Eruption.**

First in throat, whites of eyes, throat, chest, back, loins and last on feet. Will last six to ten days, or according to condition of the patient.	Comes on face and neck one day. Breast and abdomen and back second day and, on all the body in three days. Lasts seven days.
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**Appearance of Rash.**

Intense red points, skin looks like a boiled lobster. Rapid breathing and fever if the case is to be severe. Pulse rapid and high. Tongue may not be much coated unless throat is very sore. But has "POINTS" called "STRAWBERRY" tongue.	Reddish or dark red—sometimes a blue black red. Runs in splashes. Looks like half moon in shape or is irregular in shape. Pulse quick and full. Keeps looking worse until all out. Fever all the time. Tongue coated. Breath sweetish, offensive and peculiar "MEASLY."	Uncertain. Usually in fine red points more elevated and usually itchy. Pulse may be natural or even slow.
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**Scaling off.**

Skin peals off in branny scales.	Peels off like bran.	Skin comes off in scales like flakes as if the skin came off in patches.
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## WHOOPING COUGH.

Medical writers call this disease "Pertussis."

It is also called Chin Cough. Kind cough and sometimes spelled "Hooping cough."

It most commonly occurs in childhood and seldom or never attacking the person but once.

Wherever the disease has apparently attacked the child the second time, it is where the child has been treated by some homeopathic idiot and has been given Belladonna, and this poison locking up the secretions of the system in the deeper tissue of liver, spleen or elsewhere, for a time, have come to the surface again when there is an opportunity and thus we may have two attacks.

This will also be found in many cases to be the fact where they have appeared twice in the same party.

Whooping cough is not commonly thought to be a very fatal disease in either England or America. No treatment is laid down for it and every old hen and every devil doctor has some specific for it. Yet, whooping cough is really the third fatal disease in England and Wales. We have no reports from Ireland but we think the smoke from the peat fires would kill any kind of a germ that breathes by air and we know that the whooping cough is caused by some germ. It may also be reasonably supposed it is an animal germ. In London 36 patients die from whooping cough where 24 die from measles and 13 from small pox. Showing that whooping cough is more fatal than either of the other two diseases.

The rate per million deaths in England and Wales during the years of 1871 to 1880 was for whooping cough 520, for scarlet fever 720, and measles 330.

This shows it is not the simple condition usually attributed to it.

Whooping cough can come in two days after exposure.

It can appear in fourteen days after the child has been exposed. Adults seem to have it worse than children.

It is always taken and can never be had, unless from someone else.

One of the reasons why it appears to be fatal is because it comes when the child is about three years of age and is a very tender age for all kinds of children.

It is usually conveyed by the breath of some one; although it can be conveyed by anything that can be moved. It can remain in a house for a number of years and then give the succeeding inmates a good dose of it.

It is the case with other diseases and is one reason why every

family should own a home and have enough ground to keep themselves and the cow and chickens without having to move every first of May.

What has been said in relation to the condition of the scarlet fever patient, applies to this condition of whooping cough. Every thing depends on the condition of the patient's body at the time of its catching this whooping cough germ.

It is said to "run a regular course."

This may be the case where you have the doctor come with the poisons, but we can say to you that if you take your child to the gas house, and let it inhale gas, you will have no whooping cough.

If the child be freed from the starchy foods as we have already explained, you will find the germ of whooping cough will soon have no lodgment inside of the body. Keep away the child from starch and greasy foods, dress it properly and you will soon be rid of the germ.

We have known the disease to be broken up in one night. We have seen it carry the patient into consumption and run into all kinds of conditions. Lung disease the main ending of these protracted cases. The symptoms are so common that any one can diagnose a case after it has once been heard. But, in case there is some cough not well understood and that hangs on, it may be suspected at any time, if the patient has never had the disease.

Remedies for whooping cough are numerous.

We are of the opinion there are two specifics in most cases; but, where they will act in one hundred cases there will come a case where these two agents will not act. Or where they cannot be used by the Vital Force.

First is the infusion of Clover Blossoms. Red clover. Dried or green. Ounce to a pint of water. Boil twenty minutes.

The second specific for whooping cough is an infusion or a syrup of peach leaves. These two articles may be relied on in nearly every case of whooping cough. The infusion can be made every day or either one and the child can drink all it can, a quart a day if it is needed and it cannot hurt it and this simple remedy will do more good than any other thing except the attention as to the food it eats.

Croup syrup will be found valuable for relaxation when this is needed.

One of the older botanic remedies and which is also a great use when one has tried the others is to make the following into an infusion and give the child one or two tablespoonfuls every time it has the spell of coughing.

Equal parts of Golden seal root powdered.

White or pleurisy root powdered.

Lobelia leaf coarsely round, same amount; mix.

take one heaping teaspoonful and make cup of the infusion. Give one or two tablespoonfuls after every spasm of cough.

Children who are bathed daily in cold water seldom or never have hard attacks of whooping cough. Neither do they have hard attacks of anything else, so far as we can discover.

The children who do not eat pork and do not live on pastry and fried cakes and potatoes, will be found among those who have light attacks of this disease.

While there is no prevention, as it can be taken anywhere by just a breath from a passer by, yet we feel certain that every case can be readily amenable to treatment and, in a very large majority of cases we will find that there will be no dangerous cases among the ones who have been cared for by the parents.

Where ever we find an excessive eater of starch, we find a person who will have had a bad attack or severe attack of this disease.

As of all other kinds of diseases peculiar to child hood.

When it is certain there is a case of whooping cough, take a handful of red clover blossoms and boil in three pints of soft water, ONE HOUR.

Strain it off and sweeten, palatable, with honey or, if that cannot be had, use rock candy.

This will keep a week or so, Keep in a cool place.

Give to the child of five one or two tablespoonfuls every hour during the day, or when the cough is on. After each coughing spell.

To older child, as much as it can drink.

If this does not answer, in twenty four hours (in most cases it is a specific) then make the peach leaves with the same amount, (about two ounces) only steep them instead of boiling them. The dose is some less.

Or, if made weaker as much can be given as the child will drink. In case the cough continues, give the emetic every day until the cough is gone. This will cure it all right because it will cleanse the body soon, and when the body is cleansed, the germ cannot stay there. Do not give physic. Use injections to the bowels of catnip infusion.

There are certain conditions of the patient during a run of whooping cough, which appear to this writer are of more actual importance, than any medicines.

These conditions we will place as concisely as we can and say

that, if we are right, they should be strictly observed by every one who desires to have a child recover at the very earliest possible opportunity.

Many of these suggestions may not be readily seen through, but a reason can be given for each assertion we have made.

1. Have the child sleep head to the north.

2. Take off all clothes at bed time and have woolen night-dress. The taking off of all clothes is very important as it gives complete rest to the child. Children with the common underwear that is knitted, do not sleep well in snug garments. The night dress should be of soft woolen and in summer it might be of linen. Outing flannels are better than pure wool flannels.

3. No lamp should ever be kept burning in room where there is a child with whooping cough. Burn candles or tapers. Best to have room dark.

4. The daily cold bath when the child rises in the morning is of the very first importance. This should be given quickly and should be given with the hand. Wipe dry and have all the clothes on in less than a minute from the time the child is stripped.

5 Never bathe the child in warm water under any consideration. Warm water weakens the skin. Warm water leaves the child weak and it will have much harder paroxysms of coughing than before the warm water was used on the skin.

6. Potatoes, sago, rice, farina, fried cakes, parsnips, peanuts, pastries, and all starchy food as of oatmeal should be forbidden while the child has whooping cough. Pork, chicken and rabbits should never be eaten. Much less when a child has any of the diseases of childhood. Oysters are very bad for children as are clams and lobsters. Never allow any pastry if you desire to have the child get over the disease anyways soon. No bananas.

7. Weak children should wear flannel bands over the bowels daily and change for another one when night time comes.

8. Prunes are the best fruits for constipated children. Should be stewed and plenty of water in them. Distilled water should be used where it can be had. Fruits and nuts are the best foods. Ripe oranges are good.

9. Do not allow the child to drink while eating. Give it a drink before it eats and while it is eating, stop all drinking and not any immediately afterwards. Two hours after meals, drink all that is wanted.

10. In case there are prolonged spasms of coughing and the patient is weak, equal parts of composition and lobelia leaf can be placed in a cup and sweetened with honey. Teaspoonful even to

cup of boiling water. Increase the doses according to age.

Give (to child of five years old) one teaspoonful every half hour during the day until the patient either becomes easy or vomits thoroughly. One hour after the vomiting, bathe in cold water and change all underwear. Do this bathing with the hand quickly.

The spasms of coughing will be stopped with this treatment, if the diet is right. Milk of any kind is not to be allowed in these cases of whooping cough.

11 When the cases are very weak in body and seemingly frail in their constitutions, the utmost care should be taken to have pure air in the room where the sleeping is done. And the child or person is much better to sleep alone than to be in the bed with any one else. The unbroken sleep is far better than the sleep that is broken every little while by some one moving.

Weak cases demand fruits and soups of beef and mutton. Plenty of liquids in the body and not too often fed.

12. For children, three meals a day may not be too much. But for adults, two meals will be much the best, even if they become very faint between meals. It will be far more sustaining to have one good, well digested meal, than to have two meals, fast following another and neither of them digested. This remark is also applicable to other cases than whooping cough.

13. Coffee, tea, cocoa, chocolate and all and every other kind of drink, that is made with milk, should not be allowed during whooping cough. Warm lemonade is better for the condition of coughing and will break it up sooner. Use soft or distilled water.

14. At bed time, if the child is restive, with spasms of coughing, a cup of warm catnip infusion, sweetened, is much better than any thing we know of for a nervine.

15. Opiates and paregoric, with all other kinds of "soothing syrup," should be kept away from the child with whooping cough. They stop and ease the cough by poisoning the blood corpuscles and thus preventing the life power from acting.

Do not give Cod Liver Oil, nor any kind of stuff called medicine or drugs, with the idea they can do this or that to the body of the child or the patient with whooping cough.

They can do no good. Foods of such articles as may be selected by the vital force and these will be of the vegetable remedies and not drugs. Catnip, mint, sage, pennyroyal, horehound, clover, peach leaves and many others. Foods for the corpuscles.

# SMALL POX.

Also called Variola.

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This is a specific, acute, contagious disease caused by the entrance of an animal germ into the human anatomy. There are said to be four varieties; discrete, 1; confluent, 2; hemorrhagic, 3; and varioloid, 4. After a person takes the germ of small pox, they have from seven to twelve days before it makes its appearance. During this time the person may feel heavy, stupid, sleepy and feverish. Sometimes a chill, the head commences to ache in front, sickness of the stomach and, in persons who are constipated, or in children, there may be convulsions.

Unlike all other eruptive diseases, this eruption appears first as a small papula or a pimple, and this may be felt underneath the skin perhaps about the sixth day. And after the eighth or ninth day, this pimple commences to raise up. A little scab comes on the top, which when picked off shows a little drop of pus in the top part of the papula or pimple.

There is always in every case of small pox a peculiar odor, which is sweetish, fetid or putrefied, and nauseating. When the eruption commences to come out it remains about three days as a little hard kernel and for three days it is like a little bladder filled with matter and when the matter is emptied, there are three days of its being scabby. This is usually the time, if the case is not severe. If treated improperly, the time may be extended to double this period.

What is called the confluent small pox, runs together, but the pimples are always distinct or separate, even though they look all together one with another. Every single papule has its little drop of matter inside.

What is called the malignant small pox or the black small pox, or, as the doctors have it "hemorrhagic" is usually where the eruption does not come to the surface and the reason why it does not come to the surface may be twofold. First, because of the condition of the blood of the person, which may be very thick and impure as is the case with beer drinkers and persons whose habits have been unsanitary.

Such persons have severe and often fatal attacks. Secondly, the reason of this hemorrhagic malignant kind is, in the opinion of the writer on account of the doctors having administered physic. In short, the writer believes that small pox, if properly treated, would be no more fatal than measles and is not a particle more fatal in any community than measles, but on account of the

wretched habit of giving calomel to irritate the intestines, this mineral produces what is called malignant small pox.

Among other evidences of human folly is what is called "VACCINATION." This has been a curse to humanity during the last one hundred years. While we will admit that if a person could be vaccinated with simple cow pox, it might not do any hurt, yet in the manner that vaccination has been conducted since Jenner discovered it in 1798 we have had the "arm to arm" inoculation and have had prepared virus from cows of all kinds, which is simply a poison from the arm of man to the skin of a beast and thence back into the blood of the human race until vaccination at the present time is simply a matter of inoculating the child with syphilitic virus, which has been transmitted from man to beast and beast to man until the whole thing is absolutely abominable in the sight of rational human beings. It is a fact, that vaccination has never prevented any case of small pox and yet the regular doctors have made such an outcry that they have had enacted compulsory laws compelling all persons to be vaccinated. To-day in America, we have laws preventing children from going to school unless they are vaccinated with this syphilitic virus, thus entailing more horrible diseases on the human race.

In what is termed the regular school we have the great objective lesson before us, that of all classes of people who live on earth to-day, they are the most ignorant and the most virulent of any class that exist. We are not saying any thing against the individuality of the allos-pathos doctor, because we know the character of many of many of their individual lives and there is no doubt that many of them are honest and sincere in their convictions, but they have this same kind of honesty and sincerity that the mother has, who throws her child under the wheels of the Suggernaut cart and looks on while its little body is crushed beneath the weight of the idol Moloch. So with the allos-pathos. He places his wife and children, (some, times not always,) with the other class and when he does so, he has his wife and children murdered, *secundum artem*, (according to the laws of art,) and he takes a new one.

Of all the beastly arrangements for the destruction of the human race, mentally and physically, vaccinating is the most perfect. It takes in all parties and places in the living blood, among the corpuscles, a mass of poisoned, corrupt, matter, killing some of the living matter, as evidenced by the scab and by the fever, thus placing in the body something that none of them know anything about, to be left in the system as long as they live.

This poison degrades the mentality of the child and the results

of this vaccination is seen in the crowding of the hospitals and in the filling of the grave yards, as well as the multitudes of invalids all over the civilized world. As vaccination has never prevented a case of small pox, in any community, it shows that about the only benefit it can possibly have, is in making work for the same set of doctors who have foisted the scheme on the mass of ignorant and unthinking humanity.

Vaccination is the one great cause of the consumption of the lungs. "Regular" treatment of small pox is another object lesson of stupidity.

The latest writers from the regular school advise treatment with one fourth of a grain of calomel taken every hour, until five or six doses are taken. Follow by half an ounce of Rochelle or Epsom salts. After that you are to give the bitartrate of Potassium, twenty grains, every hour, for three or four hours. Next dose is to give tincture of Digitalis and sweet spirits of nitre.

And if the wretch lives long enough to feel any pain, they give one fourth of a grain of morphin hypodermically and half an ounce of whiskey every three or four hours. This is the regular treatment up to 1900. (Gould and Pyles' Cyclopaedia.)

Ordinary and common people would never believe that rational human beings would submit to this kind of treatment. But such is the fact in the year 1901. And we denounce the habits of blood poisoning by vaccination as beneath the notice and as unworthy of any civilized race on the earth today. We have no words in the English language to express our detestation of persons, who will rot and destroy the intestines with Calomel: soften the arteries with bitartrate of potassium; order digitalis, a poison in itself sufficient to destroy the heart action—and then give morphine to allay the pain and finally administer whiskey to destroy the little life that is left. The regular medicine school advises this method, as "medicine." If anybody has language by which they can do justice to this "Regular" school of medicine, we would be glad to learn it.

We have no space in which to state the reason in detail why it is that these papules are filled with pus or matter and why the eruption is more severe in small pox than in measles. But it is evident that the germ of small pox is larger, more active, and uses up more of the blood corpuscles and is thrown to the surface much faster than in any other eruption and being sent to the surface in larger amounts, both the debris, excreta, and other materials, there putrefies much faster than in measles or scarlet fever and therefore, because of this, we have the pustules filled with pus instead of the flat eruption of measles and we have the pits to heal



up instead of the scaling off of the scarlet fever, measles, and chicken pox. The fever, (effort of V. F.) shows that the obstructions are greater in variola than in scarlatina.

#### TREATMENT.

The treatment of small pox may be just the same as for measles. More warming teas as composition, Canada snake root, and perhaps, black cohosh may be given. At the outset a thorough emetic may be given, if the tongue is coated. If the tongue is not coated the treatment may be just the same as for measles, and if you keep away from the beastly doctor, with his calomel, Rochelle salts, bi-trate of potassium, digitalis, morphine and whiskey, we will guarantee that you will not have a bad case of small pox once in a hundred cases.

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### CUBAN CHICKEN POX.

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Since the war of 1898 with Spain, there has been introduced into the United States an eruptive disease which has been called small pox by many physicians. It has a different period of incubation—which from the writer's observation, is about nine days or may be twenty-one days.

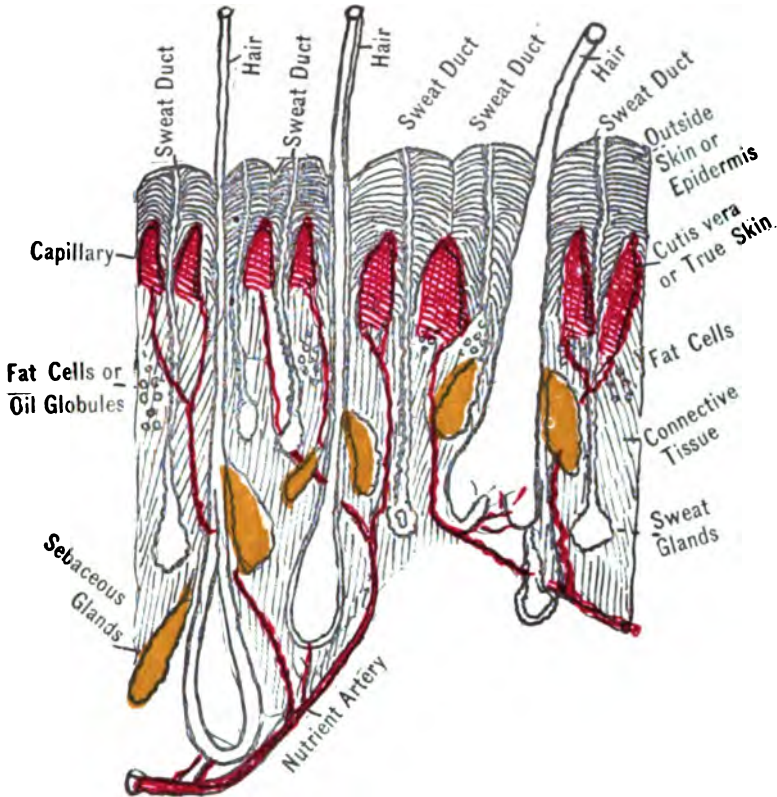
It appears first with the following symptoms:—

Intense headache—backache—pains over the eyes—which are sometimes blood shot—often suffused with water—sometimes sickness at stomach—always fever, with dry, hot, flushed skin. On the tongue there will usually be found a furry coat, mostly yellow or white and very peculiarly offensive breath. There is usually a coat through the center of the tongue which is of a greenish black, of so peculiar a color and condition that one who has seen this condition will very rarely mistake it the second time.

On the second day from these symptoms—unless the patient has taken physic, but if properly treated, on the second day after these symptoms there will be found underneath the skin, more noticeably about the head and chest, red points of eruption, which feel like little shots or pin heads underneath the skin. Sometimes these bunches underneath the skin will be as large as bullets. These bunches may vary in size underneath the skin from a half a pea or smaller up to the size of a sparrow's egg. These bunches under the skin is a peculiar symptom of cuban chicken pox.

If the treatment is correct, there may bunches of pustules form which are always flat and just underneath the pustules there will be a little matter. These symptoms vary greatly in different individuals according to the condition of the patient. A gross

## KEITH'S DOMESTIC PRACTICE.



**DIAGRAMMATIC SCHEME OF THE OUTER AND INNER SKINS.**

DRAWN BY MELVILLE C. KEITH, M. D.

Illustrates the proper method of treating burns and scalds.

While the capillaries show in somewhat exaggerated form, yet the actual condition and relation of the two skins to each other, are well shown in this cut.

It will be seen that when a skin is burned or scalded, it is not alone the outside skin, but it is also the inner or true skin that suffers. It is folly to place substance on the outside skin which will kill the nervous fibrils and then stop the action of these capillaries.

We should at once endeavor to have the corpuscles in such condition that they will be able to repair the tissues and cover up the tissues and the end of the nerves at the very earliest possible moment. For when the burned ends of the nerves are covered up, we will no longer have any pains or smartings.

Therefore the first thing to do is to place water on all kinds of burns, because we can sooner have all the parts that are burned to a crisp, baked, to be dissolved and sent out from the system and not taken back into the general circulation and into the heart's cavities, there to make clot and become the cause of death.

Cold water should be the remedy and the only remedy in all cases of extensive burns and scalds. The part should be placed in the water, and if it can not be placed in water, the water should be poured over, or soft cloths wet in cold water placed on that portion of the body which is burned or scalded.

In case the foot is burned put the foot into a bowl or bucket of water and keep it cold by constantly changing the water. The hand and arm the same way. It will take one or two hours to get rid of the pain.

The face can be covered with cloths. Burns around the neck can be treated by allowing the patient to go into the bath tub.

The greatest object lesson which has ever appeared in the world's history in connection with a burn, is the case of Esther Dowle, who was burned by a gas jet setting her night robe on fire in the morning while she was frizzing her hair, and then having Deacon Speicher rub vaseline on her body while Elder Dowle prayed all day that she might recover. She died that night.

If she had been placed in a bath tub of cold water there would not have been any need of praying for her. She would have gotten well under the natural laws. Prayers, properly made, are all right but prayers do not compensate for disobedience to natural laws. The fact is that we are just as subject to natural laws as ever in the world. If Esther Dowle's body had been placed in a bath tub of cold water and the water continually changed, in an hour and a half she would have been free from pains and they would only have the scars to treat. But they did not know this.

This cut also illustrates the folly of shaving the skin and the wasting the oil, or fat, from the sebaceous glands.



feeder and one who has taken physic will have a very much larger and profuse eruption than one whose body is clean. Those persons who have been vaccinated have this eruption in a far more offensive and profuse state and the fever is always higher.

Those persons who have not been vaccinated and who do not take physic and especially those who have not taken the "through of calomel" and other drugs are far better than those who have taken it.

There is usually a most intense itching upon the appearance of the eruption. This itching is not alone where the eruption appears but appears to be under the skin and all over the body. The hands and feet as well as the face are apt to swell in severe cases and in some instances, I have known, the eyes have swelled shut and the feet have swollen to double their natural size. This swelling is often accompanied by intense burning and tenderness. The period of the eruption being out varies greatly. In typical cases the lumps may remain and vesicles form. In about three days these may break and another crop may come out. Or, if they take cold they are apt to have a relapse and have a very bad condition of the whole body. While the coat is on the tongue, the appetite is lost, any food whatever at this period, prevents the eruption coming out and leaves the patient in much worse condition. Give plenty of drink and plenty of bathing.

In observing this eruption it will be unlike SMALL POX, as in the following symptoms.

1. Absence of the small pox odor.
2. The flatness of the eruption, while the small pox pustules rise *above* the skin, this eruption is on the skin, not very much raised above the surface.
3. Absence in many cases any pustules forming. Never any large deep pustules above the skin as in small pox, even in severe cases, the pustules are seldom as large as buck shot. In small pox, the pustules will be like beans above the surface.
4. In small pox, the pulse will be full and heavy. In Cuban chicken pox there may be the eruption without a very marked increase of the pulse.

#### **Treatment.**

At the very outset we state that proposition which cannot in any manner lost sight of, that NO PHYSIC ON ANY ACCOUNT SHOULD BE GIVEN. What has been said in bilious fever, applies with very greatly renewed force here and what has been written in regard to the fatality of the scarlet fever applies here. The reader is advised to read both of these articles in regard to the result of physic and apply them to this case of Cuban Chicken Pox.

Physic prevents the eruption from coming out—renders the persons weak and hinders the operations of the vital force to overcome this germ and send it out of the system. It is very important that no physic be given.

The quickest and best treatment that can be given to one of these cases, where the coat appears on the tongue—no matter in what stage the eruption may be—is to give a most thorough emetic. After this, or before, if the head is aching, use the injection to the bowels with either catnip, spearmint, or pennyroyal, or, if the skin is very tense and dry, an injection of boneset may be used.

Prepare this by boiling two ounces of the herb boneset, in a quart of water, twenty minutes and diluting it to four quarts after it has been partially covered. The injection should be taken pleasantly warm, lying down and should not be stopped until the entire amount has been used. It is necessary to feel that the bowels are thoroughly cleaned out and if it seems that something remains, use four quarts more of warm water.

We consider this to be one of the most important steps during the course of this disease and will be found one of the most efficacious remedies for the headache that can possibly be taken. This injection to the bowels.

No matter what kind of treatment has preceded this, the injection will relieve the lower bowels and give them an opportunity for the debris to be thrown into these colons and thus enables the vital force to cast off very many of the obstructions in a quicker manner than by any other means. The injection not only relieves the lower bowels in the quickest manner, but gives an opportunity for the small intestines to empty themselves more rapidly into the ascending colon, and of course gives an opportunity for the blood stream to cleanse itself into the intestines in the easiest possible manner.

Whereas, if physic is given and the intestines are irritated—and the lacteals clogged up and Lieberkuhns' orifices of the follicles are irritated so that there is neither exosmosis or endosmosis through the walls of these intestines, then we have a very serious condition and one which will take some days to overcome.

Besides the emetic and this injection, there should be at first an alkali bath, say with a heaping teaspoonful of soda in two quarts of warm water and this should go all over the body. Be sure to rinse the entire body with cool water after the warm bath.

As soon as this bath is over, which should follow, not be given before, the injection and the emetic, the patient should be allowed

to rest, to sleep. Great care should be taken to keep the flies and mosquitoes away from the patient.

Room should be airy—all carpets and fluffy things should be removed. The first emetic will remove much of the coat from the tongue. The next day this treatment may be repeated. It will be found that the coat on the tongue is nearly off and the patient may have—two hours after the emetic—the bath and three hours after the bath is over, there can be some nourishment given, if desired; but if no appetite, in no case give food. Food in all cases should be fruits and no meats, eggs, fish, or any animal food, or any grease should be given until seven days after the eruption is all gone and after the patient is able to be up and out of doors. Even then, we consider that no solid food should be placed in the stomach especially meats for the space of nine full days after the eruption has entirely scaled off. The patient may live on fruits and may have mixed in with the fruits a few nuts—pecans, cocoanuts and pineapples—one of these at a time and their will be no danger of weakness arising from this diet. Sometimes there is a lack of urine or the urine may be very red in color with deposits. In these cases give an infusion of spearmint.

In case of a pregnant woman, it is almost certain that the child will be aborted, dead. For the intense pains, which will come, apply cold wet packs over the abdomen, two to four thicknesses and cover good, until profuse perspiration comes. When the sweating is very free, the pains will be somewhat allayed.

Give freely of Grippe Compound or make an infusion of half an ounce, each, wild yam root powdered, pleurisy, Virginia snake root whole and half a teaspoonful of Cayenne. To pint and a half of boiling water. Steep an hour. Dose from a tablespoonful every five minutes to a half a cupful when there are pains in the bowels.

If much fever comes, use the fever infusion. Frequent bathing in cold water is very beneficial.

Do not hurry the exit of the child. Let nature have time and it will be brought away in safety. (See Child Birth and Child.)

In 1900, during a short stay in Oklahoma, the writer treated some hundreds of cases of this disease. Not a death, although some of the cases were very severe, after passing through a preliminary treatment from the "regulars" with their calomel. It was noticed that the patients who commenced on the "treatment," at once, usually had very little or no eruption and all the symptoms were very light.

# PRAIRIE ITCH.

## or SEVEN YEAR ITCH.

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Prairie itch is a disease that is usually found on the prairies. Although common to all the western states and territories.

It is like the itch, in that there must be a parasite or an animal dwelling inside the flesh, but as I have never made a microscopic examination, I am unable to say what the parasite is. It is not altogether persons who are filthy who have it, as it may be caught from towels, underclothing, bedding, or any article that comes in contact with the flesh. It is usually more prevalent on the inside part of the knees and the inside part of the arms, although it may come anywhere.

I have found it most difficult to cure in those persons who have sourness of blood—who have scrofula, and in children whose clothes are not changed daily, but it can be in the cleanest of families and is a disease or a parasite that is not described in the latest edition of regular authorities and I think may be classed as a western disease or western affection. Nor is it written about in many of what are called “domestic practices.” It is not in Gunn’s book nor in the cyclopedia, although the writer has treated many cases during his residence in the west. But is mentioned in King (Page 262) under the name of Seven Years Itch.

The symptoms are itching, redness, and sometimes a scaly appearance looking like ring worms except there are no scales and the patches are irregular. It spreads in spots. But has no burrows as in itch. Nor any scales as in ring worm.

### TREATMENT.

Wash the parts with weak lye water or a strong soda and water, or, if the skin is very raw, dissolve a lump of borax the size of a robin’s egg, in a pint and a half of warm water and bathe the parts all over with that; rinse off in cold water. The weak lye or water coming from hard wood ashes is much the best. For the remedies an application may be made of one part carbolic acid, pure, six parts of glycerine and six parts of soft boiled water, cold. Mix these intimately—mark it POISON and an external application.

After the washing, apply this thoroughly to all places. If this is on the head or face or neck, a better preparation is Permanganate of potash. Dissolve one ounce of Permanganate of potash to one quart of soft water. From this solution take out two tablespoonfuls and mix in a cup of water cold. This will be a purple solution. After the washing with the lye water, apply this solu-

tion very weak at first and increase the strength gradually by taking out more than two tablespoonfuls, which is a pretty fair dose for a child. For a grown person this can be made much stronger. It is of the greatest importance to change the clothes night and morning and have fresh clothes placed on the body, either of cotton or of linen. No woolen.

We are of the opinion that in these cases the patient should take care of the diet as well as apply this on the outside and should be treated much the same as for a scrofulous condition. In case of infants who sometimes have this, the weak lye may be mixed with an infusion of bayberry or golden seal and this will be found effectual without using the carbolic acid, as the carbolic acid and the permanganate of potash are both poisons, and, while we use them to destroy the insects, it must not be forgotten that they some times can be absorbed in which case we will have a lowness of temperature—death to the blood corpuscles and much prostration. If this should occur, give stimulation, injection to the bowels and bathe the parts on which the carbolic acid or potash have been applied with cold water, and then oil the skin with olive oil, giving it a thorough rubbing. This treatment will cure any case of prairie itch, although in some cases where it has gone into the skin, it may be prolonged. The dose of these remedies should be administered in varying doses according to the size, age, and condition of the patient.

Kings remedy is:—"Wash twice a day with strong soft soap."

This is the same principle. Killing the parasite with an alkali wash.

### SCABIES OR ITCH.

SCABIES or ITCH is caused by a little skin louse called the *acarus scabiei*. It usually affects the hands in between the fingers. It can be at once told by the mark or lines and little holes where the insects are inside.

### TREATMENT.

Take cotton seed oil one pint, half a pound of powdered sulphur, three ounces of balsam of peru and melt these together. They should be stirred frequently with a smooth pine stick. When dissolved, it is ready for use. Wash the part thoroughly with warm weak lye or soda water which has been made by dissolving one heaping tablespoonful of bi-carbonate of soda in a pint of water. We are sure that an alkali wash will kill all these vermin without anything else, but because this alkali dissolves the body of the parasite and dissolves the egg and most people want something to put on, we give them the above formula, which makes a nice semi-



liquid ointment. After washing thoroughly, it better be scrubbed well with a new brush and apply the ointment. Wear old gloves on the hands and the rags should be burned every morning. Take care to change all clothes every day. And wash all clothes that come from the body.

These three remedies that we have given with the alkali wash may be used for all kinds of parasites on the skin. For lice, we believe one or two washings with Buchan's carbolic acid soap will make thorough work, but it is best to continue this on account of nits having grown in the skin, come out again to the great discouragement of the parent and the annoyance of the child.

I believe it to be a fact that where persons take a cold water bath every day, that parasites are not so ready to affect them.

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## SKIN DISEASES.

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There are many affections of the skin, the most of which are due to a thickness of the blood. And this thickness of the blood is due to the excessive eating of starch, with pork, coffee, pastry, fried chicken, and other indigestible articles.

There are some cases of eczema which seem to be irritated, and I believe may be caused by some weakness on the part of the male parent or, because the mother was unclean at the time of the conception of the child. Whole volumes are filled with the descriptions of the various skin diseases that are found on the earth. We think we have never seen more than one or two cases that could not be readily cured. In those cases there was a history of sureptitious eating of fats and unclean foods that we could not manage. In inherited eczema the cases are long and have to be followed up continually. In the most of these cases after an injection the night before the vapor bath in the morning followed by an emetic is the ideal rapid treatment. There is no line of treatment nor is there any other method which will so soon eliminate old material from the body as this course of medicine. All the rules that are laid down in scrofula should be followed out. The parts affected may be washed in warm water, but should always be rinsed off in cold water afterwards on account of the tendency or liability of leaving the pores of the skin open and take a severe cold.

Individual cases where there are lumps under the skin, as in cases of syphilis, should have the alterative syrup or one of the special mixtures, which may be found under head of "formulas."

A nut and fruit diet, with soft or distilled water, is the correct thing, and bread and potatoes and tomatoes, tea and coffee, with fats of all kinds should be prohibited. Chocolate and cocoa must not be used.

For cases of long standing and especially in woman where there is a large quantity of adipose tissue over the hips and where the back is affected with a history of retained or suppressed menstruation, give a full wet sheet pack lasting from three to twelve hours or until the person has sweat profusely and to eat two hours after coming out of the pack and the next day a most thorough emetic. They can have a rest the third day of in case there is a desire for quick treatment, there can be two emetics and one pack. Injections to the bowels may be needed at first, but as soon as the bowels are free, give the nut and fruit diet and there will be no necessity for injections. One meal a day is enough.

In cases of eczema, the injection powder may be made of bayberry bark, or hemlock, or raspberry. These two injections will be found to be of great benefit.

No person should make any promise in regard to quick cures of cases of long standing or irritated cases of eczema. They can be cured by this treatment, but it requires time enough to take out of the blood and eliminate all the old materials which apparently have been bred in it.

If a person desires to use a soap, they can use Packer's tar soap or Pears' or Williams' and there may be other kinds. We have used these with good result, but nothing will affect the skin so quickly as the furnishing of good blood in the system and to furnish good blood to the system. We have to supply good nourishment for the blood corpuscles. No person will ever recover while using pork, potatoes and coffee. Rotten teeth, or teeth filled with amalgam may cause pimples on the cheeks. See to the teeth.

### ITCHING UNDER THE SKIN.

This is an affliction which may occur to all persons and is always caused by a thickness of blood in the capillaries of the skin. The blood comes up and not being able to change rapidly from arterial to venous becomes congested—and dies.

In this condition the capillaries are enlarged, congested, and filled up. This filling up of the capillaries is what causes the message to go to the brain stating that there is a message and these continual messages constitute what we denominate *itching*.

### TREATMENT.

Washing the parts affected in Ivory soap, Packer's tar soap,

Pears' soap, Cashmere Bouquet soap, Williams' soap, or any other good soap, selecting those soaps made from a vegetable oil if possible and giving the body a good rubbing with cold water and rinsing it off thoroughly in cold water afterwards, will be found an excellent remedy to commence on. A stimulant and an astringent may be selected to be given every day. Anything which will clean off the intestines should be made the base of a special mixture or a syrup.

Sometimes this itching comes up because there are worms in the intestines and the defecations from the worms causes this congestion of the skin. Remove all the obstructions from the body.

### CRAMPS IN THE MUSCLES.

Cramps in the muscles are very distressing afflictions which may come on any person, but are most likely to afflict the old and those who have been exposed to severe hardship and whose systems have been filled with excess of starch foods and hard water. The primal cause of all cramps is thickness of the blood. And in nearly every case will be found to have a history of sexual weakness or sexual impurity underneath.

#### TREATMENT.

Let the person at once avoid all excess of starch food, have a diet of fruit and nuts, soups of beef and mutton, clean fish, well done, sleep alone with all this implies, daily cold baths and avoid extremes of hot and cold. Do not allow the patient to wear garters or anything tight around the ankle. If a woman, be sure to have the garter prohibited entirely. Also prohibit the woman from a corset.

For old people I advise the use of the German underwear, made in Stuttgart, called Jaegers' sanitary underwear. They have appropriate makes for summer and winter, and I have found great benefit for old people and to those who have had these cramps from wearing this underwear, as well as wear the night dresses made by this underwear. They have a branch at 84 State Street, Chicago, Ill.

A diet of fruit and nuts and soft or distilled water are the basic remedies and if other symptoms are connected, they should be treated under their appropriate heads.

The alterative syrup, spice bitters, with special mixture as a tonic may be advised.

Usually there is a history of piles, in which case the pile pills may be administered with excellent effect and most satisfactory results. The daily cold bath and the use of soft or distilled water

are imperative and no other steps will accomplish what these two will do.

In nearly every case, the patient will be much benefited by having a walk out into the country of two or three miles every day. Nothing will give the entire system the advantage that the daily walk will do to the body. It gives the capillaries an opportunity to divest their bodies from the effete material and this prevents their blocking up the small arteries and irritating the muscles when night time comes. Cramps usually come on at night, after one has been asleep. Which shows that the circulation of the body does not go on as it should. If one has the daily walk in the day time, there will be sufficient elasticity in the arteries and veins, to prevent any cramping and this with the food, will soon pass this distressing affliction into a remembrance. Drugs for this condition should never be used. They are worse than useless as they clog the glands, kills corpuscles and poison the system.

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## BAD BREATH.

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Bad breath may be said to be a disease or a condition of disease.

It is certain that when a person has bad breath, there must be a cause. And it is not alone one thing, but a combination of conditions which are leading up to an exhalation of a breath that is laden with effete and worn out materials. To get at the cause the quickest way, let us take the fact that if a person eats an onion they have the oniony smell on the breath in about an hour which will last for two or three hours afterwards. A persistent smell which may last in some cases from six to twelve hours, and then be changed.

The bad breathed person has bad breath always. There is no let up. The conditions are most likely, and we are positive in many cases, that the colons absorb the watery materials from the feces that have come from the small intestines—pass this watery liquid into the liver from whence it is sent out in the general circulation to the heart and to the lungs and thence up through the bronchial tubes into the mouth and out into the air.

We say that this is the most reasonable cause and we have cured many cases by making the patient take a large injection to the bowels every night and putting them on a list of food, of which nuts and fruits are the main ingredients. Bread only with fruits and meats—beef and mutton very sparingly; well cooked, or clean fish once a week.

We never saw a beer drinker or a tobacco user who had a sweet, clean breath, but we may be sure that when we smell the breath of a cow, we are smelling something that never offends us.

Placing these facts in consideration, the student will see that we should have perfect digestion to overcome this offensive condition. A bad breath is expected in typhoid and is certain to be a concomitant in small pox as well as in other eruptive diseases. A most thorough offensive breath is always present in typhoid fever, proving the axioms that we have already laid down, that typhoid is a disease from the death of the corpuscles. After death, disintegration and putrefaction.

### TREATMENT.

Have special mixture made of spikenard three ounces, peppermint, wild yam (powdered) checkerberry herb and ginger, of each two ounces; balmony one ounce, best cinnamon half an ounce, two drams cayenne—mix intimately. Keep in a fruit jar. One even teaspoonful in coffee cup. Fill with boiling soft water. Steep covered twenty minutes and drink before eating. May be sweetened. Obey diet rules under Scrofula. Be certain to chew up the food without drinking while eating. Not to drink for two full hours after eating. If your other habits are right this will cure you in about three months.

Breathing pure air, obeying the laws of life in regard to the ventilation, pure water, and habits will soon eradicate the bad breath.

For a special remedy we may use spice bitters and peppermint, equal parts. At bed time take half a teaspoonful of sculcap, half a teaspoonful of composition, mix,—placing them in a cup, fill up with boiling water, steep twenty minutes, strain, sweeten, and drink on going to bed.

In man or woman it is very important to keep the laws of cleanliness, and swine flesh, pork, tea, and coffee, should be positively forbidden.

A very excellent idea is to have the mouth shut at all times and sleep with head low down, without a pillow. If one thoroughly cleanses the body we may make sure the breath will become sweet. Thoroughly masticating all food is one way to cleanse the intestines—saliva should pass down with the food.

### HEADACHE.

The head may ache in various locations, but unless there is an accident, it is always sympathetic with some other organ and usually with the liver. In case there has been a persistent headache on the top, we may be sure it is from the liver. Persons who have

dizzy spells and headache in the front part of the head, affecting the back part of the neck and running up and down the back, cold chills and hot flashes, weak in the knees, may depend upon it that the whole intestinal tract is loaded up. They should fast; lie down in bed, or in some cool place and think out what is the matter with the body. The head is only the general receiver of messages and of itself seldom or never aches. It can ache in the case of goiter or can ache especially in the case of ex-ophthalmic goiter and in cases of typhoid fever we have a persistent headache and many other diseases, the headache seems to be stationary. Cuban Chicken pox has a most remarkable headache, before the eruption comes out.

So also, in small pox and measles, there is a most tearing headache until the eruption comes out. When the eruption comes out the headache will cease.

In all these cases, what we have said about the blood corpuscles is correct and by looking at the cause, we can soon cure any case of headache that exists on earth. Coffee drinkers who leave off coffee are sure to have a prolonged headache.

We judge this to be from the fact that while they are drinking the coffee, the gall bladder is clogged up. The moment they leave off their coffee and the gall bladder is emptied, the contents in the gall bladder is sent into the system; is re-absorbed and the headache comes up. A similar condition to this comes up after the chill in intermittent fever. For the philosophy of this, see article on intermittent fever.

All the headache remedies are made of narcotics and are poison, every one of them and always do hurt, by killing a large number of corpuscles. Many sudden deaths have occurred from the use of headache powders. Every one of them should be shunned and avoided.

We say BEWARE of them and if we had any language that would be stronger, we would utter it.

There can be no headache powder made, which is harmless. Every one of them contains a poison..

**TREATMENT.** Cleanse the intestines with a copious injection. Do not eat anything whatever, until the head is free from ache. If the tongue is coated, take an emetic. If not in a condition to take an emetic, take the injection to the bowels and take a tablespoonful of Neutralizing cordial every half hour, Take a cupful of C. R. infusion on going to bed. See list of diet under head of scrofula. Use abdominal pack. See special mixtures. Do not eat while the head is aching.

# CONSTIPATION.

## HARD BOWELS.

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Constipation is considered a disease of the bowels. We do not term it a disease of the intestines, but we state that it is a condition of contraction of the outside layers of the small intestines as well as a contracted condition of the colons and the rectum.

In many instances, however, the rectum and the descending colon may be stretched to a size where the hand and fist have been used to dig away the feces which have been accumulating in the rectum and descending colon for many days.

Constipation may be said to be a drying up of the bowels and the causes are very numerous. That is, there may be more than one cause and we think there can be a multiplicity of causes. The most common cause is a lack of water in the system. There is not enough water drank. The second cause is from an excess of fine flour bread.

Third. We may have constipation from the wearing of a tight corset. Fourth. Although it may not seem so, we may have a constipated condition of the bowels because of wearing high heel shoes. Now this last cause of constipation will seem—especially to the regular—to be an absurd cause; but it is a cause, because where the person wears a high heel boot or shoe, they have to remain in a certain contracted condition. It throws the internal organs out of place and renders the body in a state of semi-contraction all over, but more especially along the spine.

This contraction affects the muscles of the small intestines and by those muscles being contracted in the small intestines, we have a state of constipation. Grief, irregular eating; and sudden shocks to the system may cause constipation. Any thing which may contract the muscular system will cause constipation, but no articles will do this as effectually as the habitual use of purgatives.

The use of senna, aloes, rhubarb, calomel, and all this class of preparations which are gotten up with the idea that the intestines need a laxative, are productive of an undue irritation in the intestines and this irritation to the intestines makes a contraction on the outside wall of the intestines and we have constipation. Contraction of the muscular coats of the intestines.

### TREATMENT.

Our first endeavor is to remove the cause. If a woman, the corset should be removed, also the high heeled shoes. Flour bread should be prohibited and all pastries and dry foods. The body

should be strengthened into having a regular passage every day.

For this purpose beef, mutton and fish that are clean, well cooked may be allowed. All vegetables except tomatoes, sago, Irish potatoes and tapioca can be allowed. Nuts and fruits with dates and figs with a soup once a day or every other day will cure any case of constipation in a few weeks. Coffee, tea, chocolate, whisky, cocoa should be prohibited.

If the body is diseased otherwise, it is better to give them a thorough cleansing treatment. If a woman with painful menstruation, she should have number two or the corrective powder after eating. If there are worms or indications of worms, which may be the case, give the worm syrup or give the culvers root in powder or decoction. Either of the worm powders may be given in the morning with good results.

For the intense faintness, which comes on in the morning when one commences to go without the breakfast, take a little balm or a little composition or some sage tea infusion. If one has distilled water or good soft water three to ten glasses of water may be drank every morning. One or two desert spoonfuls of sweet oil may also be taken every morning or before eating. And salads made of fish, oil, and celery or lettuce are useful.

There is no oil, however, as good as the oil from the nuts. If almonds are eaten, these should be blanched and it is better to use as much oil as they will take in after the skins are off.

If a remedy is wanted, the blossoms of the dandelion made into tea (what will lie heaping on teaspoon to a pint of boiling water.) at bed time is as good an article as we know of. This is not very irritating and is cleansing. The elder blossoms make a fine infusion for constipation of the bowels. Many articles can be given, but some of them leave a constipated state after their use. Therefore, we prefer the bitter drinks which leave a person in good condition after they have been taken. Cleansing bitter tonics.

Rubbing oil on the outside part of the abdomen is an excellent idea and the injection of a half pint to a pint of warm olive oil for cases where there is great irritability and emaciation, will be found very satisfactory. *Do not use Glycerine.* For usual cases, we shall find that the injection of catnip or raspberry leaves and the diet of fruit and nuts with any of the selected special mixtures will produce the desired effect in a time varying from two weeks to two months. This is positive, sure, safe and effectual.

It should be remembered in all cases of constipation that it is not especially to get an action of the bowels as it is to get the intestines cleansed and elastic and we shall have to educate the out-



side layers of the muscles to remain in good condition, that is, we must have the diamonds in the muscular striata, which surround the muscles in good condition before we can have a thorough cure of the constipated habit. We may have to use the injection to the bowels until we have the bowels in a thoroughly cleansed state. This treatment will obviate the necessity for taking a doctor's medicine and in many cases this treatment will cure what is called falling of the womb, the whites or leucorrhea in women because these conditions depend largely on the obstructions situated in the lower bowels.

Other conditions that may be complicated with constipation as, for instance, headache, should be met with either by the large enema or the neutralizing cordial or both, the C. R., or the culvers root decoction for which see Formulas.

In the selection of any remedies, think out the causes and remove them and then commence by giving that article of food which will the most readily give oil and nourishment to the outside part of the intestines, or the muscular striata, which form the second coats on the outside part of the intestines.

### DIARRHEA.

Diarrhea is a condition of the body which shows especially in contractions of the rectum and descending colons. It is termed also a "catarrh" of the bowels. It may occur in anybody, but is an effort of the vital force to carry off some obstructions which are in the bowels. In other words, nature makes an effort to carry off the materials which are foreign to it and which are situated either in the descending colon or in the rectum, or in both. Doctors tell us of very many distinctions in diarrhea. And many kinds with lots of names. But they all amount to one condition—an unnatural flow through the bowels.

### TREATMENT.

In all cases of diarrhea the aim should be made to remove the obstructions. The first step is a large injection, which may be made of catnip if the patient is cold; raspberry leaves if there are flakes of blood coming with the passage; or, if there has been any bloody mucous or white stringy stuff, an injection composed of one teaspoonful of bayberry and two ounces of catnip, steeped twenty minutes in four quarts of boiling water. Strain through a cloth and use. Moderately warm, or as warm as it may be comfortable. This should be repeated as long as there are discharges of the bowels. The aim should be to have the injection go up the bowels as far as possible, thus relieving the vital force from making any

further contractions and sending out any more material. Relieve the intestines from being irritated.

Neutralizing cordial may be given to an adult in tablespoonful doses every half hour or after every operation of the bowels.

If there are pains in the bowels, give an infusion of smart weed and sage, equal parts, in cupful doses every fifteen minutes until the pains are over. Balm is also a very good agent.

If the patient is a girl from fifteen to twenty, an injection of pennyroyal will answer to relieve the distress quicker than catnip. The pennyroyal may be given also to drink, alternated with cordial.

If there are cramps in the bowels and the cramps are low down over the hips in the groins and in the back, an infusion may be made of pennyroyal, peppermint and smart weed, equal parts, and ginger, half a part, with a little pinch of cayenne. This also is good practice during the time of painful menstruation with little passages of the bowels frequently. At bedtime give a cupful of the infusion of equal parts, by weight—heaping teaspoonful in all—of sculcap and composition. A person should have complete rest in the bed and have the daily bath and the diet.

After the diarrhea is finished, the person should have spice bitters, peppermint in infusion, to drink before eating and the diet should be fruit and nuts, corn meal gruel, corn bread, well cooked meats and fish. Eat without drinking.

Chronic diarrhea may be treated in the same manner. Where the person has worms, the vermifuge may be given in the morning and a tablespoonful of C. R. mixture after every operation of the bowels.

Usually with chronic diarrhea, there are piles and for these piles use the pile pill twice a day. Take the injection at bed time and wear the Jaeger woolen band over the bowels.

Many women who are subject to attacks of diarrhea, have always a cause behind it and this cause may be removed. If there are worms, give vermifuge. If there is uncleanness, sleep alone and bring the body up to the best condition by means of diet, exercise and other habits.

For a person to remain in any condition of chronic disease is stupid, because the vital force will bring the body up to its best condition, provided it has nourishment, care and materials to build that body up. The causes of all these conditions should be removed and persons should commence at the teeth or the head and investigate what cause is wrong about the body. Think over every thing that causes the obstruction to the bowels.

Thus, a person may use hair dye and have chronic diarrhea, be-

cause that hair dye may have for one of its ingredients the nitrate of silver and nature will try to pass this off through the bowels as diarrhea.

Think out all the causes and remove the obstructions.

A large four quart fountain syringe is the best remedy to have in use for all cases of obstruction of the intestines. For a child, when there is much nervousness and hysterics, a bulb syringe will be found most effectual. In cases of summer diarrhea, the injection of raspberry leaf and the internal administration of the cordial, will be sufficient. In old cases, each symptom should receive attention.

For Infantile diarrhea, if the appetite is gone, after using the injection, boil two sound figs, cut three times in two, in a cup of milk, five minutes. Strain and give one to five teaspoonfuls at a time. If very weak, give a drop of No. 6 in a teaspoonful of warm, sweetened raspberry leaf tea every hour. This dose can be increased.

### BLOODY DYSENTERY.

Dysentery is the same as diarrhea only there is greater straining and spasms of violent contractions of the colon and the rectum and bearing down with small passages of blood and slime. Dead and cold materials.

The same treatment which will cure diarrhea will cure the bloody dysentery, for this condition is only an exaggerated form of diarrhea.

The red raspberry leaves made into an infusion are almost a specific for all kinds of diseases of the lower bowels. Where these are not at hand, sage, smartweed, spearmint, catnip, peppermint, fire weed, yarrow, wild yam, wild indigo, pennyroyal, colts foot, broom weed, can all be used with a certainty that they will relieve the tenesmus and stop the bleedings. Give composition, or smartweed in infusion.

As soon as the obstructions are removed in cases of diarrhea or dysentery, the contractions will stop.

I remember to have seen a beautiful girl of eighteen who was treated by a physician in a certain place (and at that time I thought there might be some good in the old school and used to consult with them, but I have got out of that idea) and this girl had the diarrhea or dysentery in a very moderate way. The doctor that had been called—the local physician—had given her injections of starch and laudanum. Under the influence of these starch and laudanum injections, she had got quite easy and went to sleep. Of course, I did not approve of the starch and laudanum business and said so to

him, but he asked me what I would do and I told him, which he "phoo, phooed" at. Well, I was a stranger and went away on the next train from the place. In the course of four or five days, the girl was dead. I have always blamed myself for not telling those people how to cure their girl.

At the same time all of the old school give this stupid and damnable treatment. Thus, Osler, page 399, in his "practice" gives chalk powder, large doses of bismuth thirty to forty grains and then says "a small enema of starch with twenty drops of laudanum is a useful remedy every six hours."

There are so many remedies that are far more useful as injections to the bowels—that will act as CLEANERS TO THE INSIDE PART OF THE BOWELS, that we cannot see why these regular fools should stick to the use of the deadly opiates.

A handful of Hollyhock flowers, or Marsh Mallow root will make a better four quart injection to the bowels than all the opiates on earth. An infusion made from the whole bark of elm—four ounces of whole bark—steeped in two quarts of boiling water an hour, makes a soothing injection to the bowels. Do not have it too warm.

We are writing in English now, but we should have to resort to the Kanaka language to give an expression to our feelings on such a fool.

And Loomis says, page 295, in his "Practice" that bismuth, sulphuric acid and hydrargyrum cum creta may be combined with opiates. In other words, this Loomis advises mercury with chalk combined with opiates. It is no wonder that after they have the diarrhea and have the treatment by the old school that that they have hip disease, or falling of the womb or some female trouble or appendicitis afterwards.

Loomis also says that in another kind of diarrhea, arsenic is beneficial, and the bromides are indicated and says that copper and silver salts are advisable. From all such fools and poison givers, good Lord, deliver us!

Any case of diarrhea or dysentery that has a coated tongue, should receive a prompt emetic. (See pages 184—185.) They should have a diet same as the typhoid fever patient. For pains in the bowels, see the treatment in inflammation of the bowels.

These simple, herbal remedies are natural, rational and successful.

Keep your doctor right out of doors. If you know enough to give as large injection to the bowels and clear out all the obstructions in the rectum, descending, transverse and ascending colons, you know more than any old school graduate that ever lived since the time of their founder—Paracelsus in 1520, A. D.

**CHOLERA INFANTUM.**

This disease comes in the summer, after the child has been exposed to warm weather in the day time and is chilled at night.

When this chill comes on and this exposure of the body to what are called chills, the dead corpuscles are sent to the liver, kidneys, spleen, and, presumably, a portion of this dead material to the head and brain, in fact, to all the general circulation and nature makes an effort to rid the body of these chilled, dead, and disintegrated corpuscles of blood. At the same time the skin is clogged up and on account of this passing off, disintegrated materials arise from the dead blood corpuscles and, as the skin is no longer filled with good circulation we have cold on the skin and it is becoming dead. Everything is tried to be passed off through the bowels so we shall have what is called rice water discharge and a peculiar smell or odor with these discharges, a sickish, fetid odor, which is never forgotten after it has been once smelled. Unless something is done for the child, these discharges continue for a day or two, the child fails fast and death comes to its relief. The causes are always colds.

*Prevention of Cholera Infantum*, should commence before the child is born. Let the father have himself in the best of order, physically and mentally, and the mother ready—then let the mother have complete rest from sexual intercourse for the period of gestation and up to the time the child is weaned. And we think the child will stand very much more hardship of all kinds than if treated in the common method now practiced of continued sexual indulgence, which means protracted weakness to both mother and child.

If an infant has an abundance of pure air and the food is correct, there will not be much danger of cholera infantum. Sudden chills of all kinds; prolonged journeys or prolonged exposure to the sun's rays, with sour milk as food brings the body of the child into a weak condition and heat or cold can kill the corpuscles and bring about this condition of dead corpuscles.

**TREATMENT.**

Knowing as we do that the child is filled full of cold material from these dead and disintegrated corpuscles, our first duty is to give this child a thorough heating. It has to be stimulated to this end. The first thing may be a cup, or as much as it will take according to its age of No. 6, or balm. Number 6 being the best.

Or a cup of raspberry leaf tea may be made, a teaspoonful to a cup and in this cup of warm tea a half teaspoonful of number 6 may be mixed in. Sweeten this and commence to give this by

the mouth in teaspoonful doses. If the child is wheezy, alternate this with tea of spearmint made pleasant to the taste and of which the mother should taste before she gives it to the child. No danger of giving too much.

An injection should be prepared at once, of strong catnip, if in the northern states; of orange leaves, if in the south; or bay leaves three ounces to three quarts of boiling water. This should be thrown up into the bowels as far as it will reach. It should not be too warm.

If there is blood coming from the bowels, or the stools are tinged with blood, use the injection of raspberry leaves or, put a small handful of raspberry leaves in a pitcher and a heaping teaspoon of bayberry bark powder and turn on three quarts of boiling water.

Steep fifteen minutes; strain through a cloth and use this, a quart or two at a time or more, if the patient is about two years of age and use it every half hour or after every discharge of the bowels. After this has been done, the bowels can be rubbed with stimulating liniment, or number 6 and a warm wet flannel, one or two thicknesses, laid over and a dry warm bath towel or something of thick fabric laid over the bowels to keep warmth in them. Pin on snugly.

The first returning symptom will be red lips.

At the same time give the young mother, if she is nursing, composition to drink and see that she has nothing to do except to take care of her child. She should not be allowed to wash or allowed to fuss with anything around the house, while she is nursing her baby, especially in the summer time. We say, give the mother composition, spiced bitters, or a dose of balm until she is warm all over.

If the mother is constipated, have her use an injection to the bowels and free herself. Let her do this so as to have her milk free and in good order.

If the child cannot nurse, let it have a spoonful or more of warm catnip or warm sage tea. If it is an infant, give it a teaspoonful every fifteen minutes, or if it is over nine months, give it two or three teaspoonfuls and repeat every five minutes of the elm and cayenne compound. If very white, cold and pale, use composition and number 6. Fill the child full of warm catnip.

If there is any sore throat, use cinnamon compound.

By stimulating a child rapidly and using free injections thoroughly, seeing that the food is all well eaten up or else giving a little treatment of number 6 before eating, one will see quick improvement in nearly every case of cholera infantum.

The principle is to have the child well heated up. There are

a number of herbs that are good, that will readily suggest themselves to the reader, but whose mind can be refreshed by looking at the last part of the book.

After the attack is over, the child should have neutralizing cordial, at night or balm or a little weak spice bitters or peppermint before it eats. Or if nursing, have the mother take these.

If there is canker on the tongue, sage and honey is good to give.

Treat other symptoms under their appropriate heads being sure that in all cases you do not rely on any opiates or medicines of which you are not thoroughly familiar with the ingredients. We tell you to keep clear of the advertised cough remedies, which we have seen kill children and have known of others being made cross eyed by them. Keep clear of Mother Winslow's soothing syrup, Castoria, Bateman's drops, and, in fact, all articles that are usually sold by the doctors' partner, the drug store man. Shun them all. The water in your well is just as cheap as it is in his well, and you can take your stimulating cayenne, ginger, peppermint, spearmint, catnip, and smart weed and make infusions of them to a great deal more advantage than in giving his little powders and his more damnable drugs of calomel and chalk.

We could quote to you, if necessary from the old school books to show you that their most trusted remedy for cholera infantum is calomel, (which is made from mercury and salt, melted up together) and bismuth, another mineral, and we could tell you that these articles have the effect of irritating and destroying the little intestines. Your child will never be as large or have as good mentality after the doctor has given these drugs to your baby as he would have had if you had dosed him with sage, peppermint or smart weed tea. And, by the way, if there is any remedy which should be a specific for cleansing out the bowels, strengthening at same time, it is a mixture of smart weed, peppermint, ginger and catnip. You will find these in the baby cordial at the last of the book and you should keep these herbs on hand.

As a prevention for the disease which the child is subject and especially these diseases of the death of the blood corpuscles in the child, we say that the mother during the time that she is nursing should never put her hands into soap suds to wash out dirty clothes for anybody—unless it be for herself and baby. To place her hands in soap suds during the time of nursing, is simply to absorb into her system the filth that comes out of those clothes into the wash tub and when she takes it in, it goes to her milk, and we do not suppose that it is necessary to make a bill of particulars as to how these absorbed soap suds laden with filth gets

from there into the breasts. Make a consideration yourself and avoid these things. Keep your baby all right.

During the summer the mother should always sleep alone with all that this implies and should never be bothered during the time that she is nursing that baby, and if the husband and young father would pay attention to these few words, he would save himself much sorrow, much anxiety, and perhaps the cost of having a little casket and the trouble of having a little slab in the graveyard, sacred to the memory of "our darling."

A stitch in time saves nine. Forewarned, forearmed. But your doctor, or your priest, or your ghostly adviser will never give you this advice.

If the child is nursing a bottle it is of the utmost importance to keep all the nursing bottles and the milk in the best of order. Cool, sweet and without a particle of ferment or sourness about the bottles or the milk. Cleanse all the feeding apparatus, every time it is used. Wash out with soda and water. Then rinse out and dry.

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## SPASMS IN CHILDREN.

### EPILEPSY.

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The causes of a spasm are, apparently, obscure and not understood by the doctor or by the parent. The mother and father, seeing their dear offspring stretch itself out and froth at the mouth, roll up the eyes and soon become motionless and senseless, are themselves thrown into a frenzy of fear and they do not know what to do.

If they will go with us for a few minutes, we will make this condition clear they will never be frightened at what ever may come up again in the child, in the way of spasms, convulsions or fits. We will just say that the doctor thinks and teaches often times, that a spasm is caused by some trouble of the brain. This is not so. At least, not for once in a thousand times. The trouble usually is in the bowels. If therefore, the reader has attentively considered the article on inflammation of the bowels or stoppage of the bowels and has witnessed the mode of reasoning that we have made, considering the contraction of the bowels, he will now be in readiness to investigate the cause of a fit or convulsion in children.

When a child eats or drinks anything, that is, drinks anything extremely cold, or eats anything that will coagulate, as, for instance, milk, cider and then eats a piece of mince pie, or cheese, afterward,



they will be likely to have a curdle in the stomach. This mass is cold and curdles into a bunch. The bunch is cold and hard.

Examine now the condition of the little intestines, from the second stomach down to the ascending colon. When this coagulated mass gets into the small intestine from the second stomach, it crowds this intestine very full and along the folds at some place, there may be an undue contraction, of the muscular coats of the small intestines and when this contraction takes place, the mass—the coagulated mass of milk, cheese, mince pie, cherries or anything else that may have gone down into the stomach and formed a bunch, we say when any of this material lodges, or is hard and bunched, it prevents the further passage of this mass through the small intestine. It obstructs the passage of anything else.

Now at this moment, when the vital force can no longer push this mass against this contracted small intestine, the vital force sees that something must be done to push this coagulated hard mass of milk or cheese or what not, down through this intestine. It is an obstruction.

Nature's way would have been to have vomited up much of this material if there had been a chance, but it was not given a chance, as no doubt, some of the milk had already passed out of the stomach into the second stomach and into the small intestines because the other swill was turned on top of this. Therefore, it could not be readily vomited up, and the vital force, supervising all the operations of the body, determines to make an effort.

We may say right here that there is a set of nerves running over the bowels that are just like all the rest of the nerves, but they are called the sympathetic nerves. These sympathetic nerves surrounding the bowels, performs all their duties without the brain knowing anything about it. It is in connection with what is called the cerebro-spinal set of nerves, which we are constantly familiar with, but in the case of this stoppage of the bowels, the sympathetic nerves at once call upon the cerebro-spinal nerves to stop all action until they relax a portion of the intestines and allow this mass of coagulated material to pass through the contracted bowels, or through this narrow place in the intestines.

The cerebro-spinal system then calls a halt—calls all the blood away from the head, almost arresting the action of the heart and allowing all the blood to go to the deep tissues, of the intestines or to the aid of this sympathetic nerve to have this little intestine relaxed so as to pass this material through this narrow place.

When the cerebro-spinal system is arrested and the sympathetic system makes a contraction, we see the body limp, a little

froth comes out of its mouth, the eyes roll up and perhaps after the face has been very white, it will then turn purple and it may last in these fits for half a minute to three, or four minutes.

We make another count against the pagan allos-pathos school by asserting that their medicines which they give, calomel, santonine, arsenic, opiates are all irritants, all depressants, and have a tendency to paralyze and contract all the tissues of the body and especially the muscular coats of the intestines. The body being in this irritated state, is ready at any time to have a spasm. In particular, we state that the common remedies given to children by the regular doctor, as arsenic, calomel, iodine, and their various anti-febrins and anti-pyretics are all detrimental to the inside lining of the intestinal canal.

The first thing in this condition is to at once get rid of this bunch that is in the child's body. This obstruction in the bowels.

Observe, it is not the fit that we want to cure because the fit is an action of the vital force. We have no need of killing the vital force. We cannot kill it, but we can drive it out of the body and then the child will be dead. When we allow hypodermic injection of morphin or allow chloroform or ether to be given to stop the spasm, we are in danger of killing the child. We certainly assist in destroying the mentality of the child.

That is, driving off the vital force altogether from the child's body and the body will be dead. This is the allopathic way and this is wrong. If it does not hurt the body enough to kill it, it weakens the mentality of the child, weakens the brain.

#### TREATMENT.

At once give a large injection of catnip infusion if you have it, which will only take five minutes to steep, strain and to be thrown up into the bowels with a bulb syringe, and when the first lot comes away, use another one over again until we have a free motion from the bowels. By this time the fit or convulsion will be gone.

This injection will overcome the spasm almost at once. Repeat this injection until you are sure that you have relieved all the colons, then given by the mouth balm in fairly strong doses to suit the age of the child or make up half a teaspoonful of number 6, mixed in a cup of hot water and sugar and dose this down in teaspoonful doses as soon as the child can swallow anything. This prevents another spasm. Another method of the old school is to put the child into a warm bath. Theoretically, this might have been correct, but absolutely and as a matter of fact, it is just the wrong thing to do. We want to relax the intestines and we relax

the whole body of the child and theoretically, it would look as if this warm bath was the thing; but absolutely, while we are relaxing the child's body with a warm bath, we are not getting rid of the stuff that is on the inside, which is a very important matter.

Therefore, we say give the large injections and follow this up until we are sure that the colons are all cleaned out. But then give your stimulants—balm, No. 6, or composition and sage tea or ginger tea, if you do not have either one of the others; although you should always keep the others in the house—they will save you doctor's bills—and as soon as the injection is over, proceed to give the child an emetic. For which see pages 184-5.

If the child has no drug medicine, this is perfectly safe.

If it has had drug medicines, the next thing to do, is to give the elm and cayenne or the composition and catnip or raspberry leaves until the child is in a fever. Remember that fever is an effort of the vital force to overcome some obstruction and the spasm in this case was all caused by the vital force making an effort to carry off, or pass down the coagulated material in the intestines. And, if we have a fever we may rest assured that the pulses are all beating and the heart is in good action and we are all right to proceed with the emetic. Note this, however, that if the patient is cold and white, we are to give stimulation until we get the child warm. Not to give an emetic until the body is warm. At this time you will think about getting this material down through its little bowels. If you can not take it out with the syringe, it should be vomited upwards.

If the child comes out of the fit and cries with a pain in the bowels, a liniment may be applied to the bowels and the warm compress as in the case of stoppage of the bowels. In all cases of fits or spasms, use the injection first to the bowels in a most thorough manner, then the stimulants and then the emetic.

When these fits become chronic, they are called *epilepsy* or *falling sickness*. What we have stated in regard to this one fit, is just the same in *epilepsy*, only that in the case of epilepsy there gets to be a place in the intestine that is shrunken, and probably irritated and sore. It may be a long place or a short place. When anything passes over this sore, or irritated or contracted place, Nature makes an effort or rather, the V. F. causes the great sympathetic nerve to make an effort to carry this obstruction down and we have what is called the fit or the falling down with convulsions, frothing at the mouth, biting the tongue, clasping the hands, purple cheeks and the whole fearful look that is on the countenance of the epileptic when he falls into the fit.

Do not lose sight of this fact that these convulsions are efforts of the vital force to carry off some obstruction; and that whatever you give or whatever you do, should be on the line of clearing out these intestines. Removing the obstructions from the body of the child.

We know of a place in the state of Ohio where there are eight hundred epileptics. When any of them die, the doctors get together and cut open the brain to find out what there was the matter with the unfortunate person; but these doctors are in error. This trouble is not in the brain; it is in the intestines. Always in the intestines. And we have patients alive and well today who were epileptics years ago and we have cured them by being careful of the diet and stimulating them when they had the fit and giving them plenty of grease, oil foods and keeping them from bread, potatoes, coffee, tea, and other baneful and destructive articles, which they usually put into their intestines. Pork, potatoes, pig's feet, all kinds of swine fat, liquors, tobacco, and sexual drains must be avoided.

In all cases of epilepsy, circumcise the boy. Do it anyway.

In addition to what we have said, it is good practice to put a wet pack around the abdomen at night. This can be of cold water, say three thickness of wet soft towels and three dry ones with a blanket around that. Then give an emetic every day or every other day if needed and with careful attention to the diet, baths, avoiding all pastries and following out the list of diet under the head of scrofula, you will cure a great majority of the chronic cases.

You need not expect to cure every case of epilepsy, because, if the epileptic's father was a tobacco chewer or liquor drinker, the child will be weak in its physical development as well as inferiorly constituted mentally,

Inquire, therefore, if you can, of the mother, how she was at the time of conception and pregnancy. These things make a great difference in regard to cases of epilepsy. If epilepsy comes up from the history of a drinking father or, is from being physicked in typhoid fever, which the allopaths used to do, very many of the latter cases can be cured, although they will take some time.

See all the rules of life under the head of scrofula and have the patient sleep head to the north.

When the "regular," commences to treat the child, his first idea is to have the child free from the spasm. And this is wrong. The V. F. has induced the nerves to make this effort and we should find out what the effort was made for and try to assist this nature to get rid of everything there is in the body that is detrimental to it.

When we find the spasm, we may feel sure that there is some obstruction or there would not have been any effort to dislodge this something. And, if we take a little time to consider these conditions and get rid of the obstructions, we shall have the body of the child free from its obstructions and we shall never have any more fits or convulsions in the child, if we are careful to attend to its food.

By proper attention to the food and drink of the child, we need never have any more fits while the child is alive.

Using an injection to the bowels, will secure free motion of the intestines and we think this is the first thing to do. Injections to bowels. After the spells are over, then we can give anything that may seem appropriate to the body of the child.

The doctors, who are so anxious for our welfare, will tell you that if you use the injection once, that you will always have to be dependant on the injection. But they know better. If you get so that you can cleanse the body of the child out and do it without calling in the doctor, they know well enough that you will not have any use for them nor their little hypodermic injection. You will know too much. So they try to frighten you from using anything whatever, only to trust to the doctor. Who is the last man, or the next to the last man on earth that you should think of trusting. Think out the actual conditions and act for your own best interest.

At first sight, this may appear to be some thing wrong and out of place, to treat the child with a spasm, just the same as we would treat a case of continued spasms, or what is called "EPILEPSY."

But, from our experience, we are quite sure this is the correct method of treating all kinds of spasms, (unless we except hysteria) and the case of epileptics is only just a case of continued spasm, one after the other or in daily or, weekly occurrences. The effort of the V. F. is just the same and when we can cure one case of spasm, we can cure the chronic case with the same means if we go about it correctly.

Seven out of every ten persons who have the Epilepsy, are afflicted with worms. Select a vermifuge from the list and give it three mornings and skip for three mornings.

## DISEASED BONES, OR NECROSIS OF BONES.

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The reason why the bones are diseased arise most usually from preparations of mercury and doctor's medicines; although it could come from accidents, if the body is not in good condition. In all these cases we should get the system right and in proper condition, before we can expect that the diseased bones will heal. There must also be bone nourishment in the system.

The proper treatment of diseases of the bone is to see first that the constitution is in good condition. Three-fourths of the surgical operations that are made to scrape the bone and so on, and chiseling out what is called the dead bone, are perfectly useless, as we can see that if we have the body in good condition, the vital force will restore these parts.

This assertion, at the first, does not apparently agree with what the doctors are sure to say to you about "necrosis," but it is absolutely correct. As long as the *periosteum*, or the covering of the bone, is alive both above and below the abrasion, or diseased place, if we can restore the body to a good condition by appropriate food and habits, we can fully look for the bone to be restored and healed up, which will be done by the vital force, through the action of the blood corpuscle, which will furnish nourishment to part and thence build up the bone anew.

In some cases that I have seen of bone disease, where this necrosis of the bone has been brought about by the giving of belladonna and preparations of mercury, and where the person has been saturated with these poisons and the blood corpuscles have been made smaller by improper and innutritious foods, more especially excess of starch, and where the fond mother has deprived her child of good air, thus again depriving the corpuscles of their accustomed strength, they are hopeless from the commencement.

We say in these cases it seems almost impossible to do any good for them whatever. We can only obey the laws of nature and do our best. It seems an invidious assertion to make, but we make it because it is truthful, that whenever a child or an adult has been dosed consecutively for a long period on the homeopathic poisons, belladonna and aconite, that they have first had heart disease and afterwards bone disease.

And whenever these two have appeared together, they have in almost every case been fatal.

Let the poison givers be accursed now and forever. Amen.

If however, we can see any chance for life or recovery, we must do what is before us and the way of cleansing the body as has been pointed out in scrofula, is correct in all these cases. With strict attention to the food and drink, bearing in mind that none of these cases will get well while they are kept on hard water or where they cannot have the daily cold bathing, where they do not have the purest of air, night and day, at all times. These basic necessities are so woven into the life of the person who has these conditions, that we are quite sure that any person with these conditions need not expect to have any quick recovery while these conditions of pure air, soft water and good nourishing food cannot be supplied.

### ULCERS ON THE LIMBS.

The human body has for its several outlets—or rather for the outlets of the corpuscles to excrete or to send out all their excrementitious particles—that are made especially as excretory openings—the mouth, lungs, skin, kidneys, bowels and the uterus.

But the human being has three special outlets which are in daily use from infancy to old age—the skin, kidneys and bowels.

The lungs may be said to be a place where there are excretions, but the excretions which pass from the lungs are mostly insensible and we do not see the amount of carbonic acid gas which passes from the lungs and, therefore, it is not so tangible as the matters which pass from the skin, kidneys and bowels.

When the kidneys are congested in any way, the skin has to do double work. When the skin is congested, the kidneys have to do more than their share of work, and the entire changed relation of the methods of excretion between the skin and the kidneys have been observed since the days of Hippocrates. When the skin is closed up and the kidneys are closed up partially, and the bowels are constipated, and, as we explained in our article on appendicitis, that the juice of the feces passes through the walls of the colons and comes up on the outside—thence to the liver. We have a mass of material that clogs the liver full. Then the spleen is filled to congestion. When this is the case we have short breath, palpitation of the heart, a red face, and, if the person is a coffee drinker and drinks sugar, we have a red nose and if they drink a little alcoholic stimulant, we may see a bulb on the end of the nose and red proturberant veins on the nose or in the face. These symptoms denote that the liver is clogged and that there is a portion of material there, which has no ready outlet.

Therefore, it comes up into the general circulation and passes over the body, forming the symptoms that we have just named and

after a little when this venous blood becomes very thick, it goes to the liver and is too thick and heavy to get back and thus the veins are filled full on the limbs and thence probably from some little contraction or tightness of the garter around the lower limb below the knee, causes the veins to be congested and we have what are called varicose veins.

This occurs more in women who have borne children and who have taken some kind of thickening medicine or coagulating drug, as, for instance, ergot (poison smut from rye,) and iron, both of which make the blood thick without any corresponding benefit. These two drugs are given by the foolish, ignorant doctors. And then when these varicose veins first open, we have what are called ulcers on the leg. Of course, as we endeavored to explain in our article on diphtheria, food, and especially starch food, has very much to do with this thick condition in the blood. We do not find many young persons who have varicose veins, nor do we find very many of the younger portion of humanity afflicted with ulcers on their lower limbs. We find this more generally in women after the change of life. This occurs because during the menopause or while the menopause was taking place, they did not see that their body was properly cleansed. Beside this, the habit of general uncleanness that we have already explained, has much to do with thickening up of the blood. Pork, swine fat, coffee and potatoes finish the general condition.

If the young woman of twenty knew that at sixty she would have a sore leg which would stop her from walking and that her abdomen would be rotund, her breath would be short and offensive, her face cancerous by pursuing a certain line of conduct, it is not to be supposed, but what that young woman would follow the cleanly line of life; but as her parents never tell her, and the medical priest or her ghostly adviser, never hints a word to her, she submits her body to the embrace of a man, with all that this implies, during all and any time, that he—in his thoughtlessness and ignorance desires to indulge himself in. If, for these reasons, without going into any further particulars, she adds the poisons to the intelligence, coffee, pork and potato, pastry and lard, tomatoes, and the unhealthy materials, all unite in bringing her blood to that condition, whereby she has the unhealthy liver first and all these other symptoms follow as a train.

We might say also, if a young woman would retain her elasticity until she is one hundred and twenty years of age, if she desires to have her children rise up and call her blessed, if she fought for their rights as well as their own, we believe that the great major-



ity of them would never indulge in the folly and uncleanness that are so common in the present day.

There is still one other cause which we have never seen laid down in any book, but which, from our own experience, we believe to be the fact, and is this:—

Every woman who submits her body to bear children for the man who smokes, drinks or uses tobacco in any form, has to support the infinite small germ that is passed from the man to her. The spermatazoon that comes from the father and is nourished by the egg which comes from her ovary.

It is true that the nourishment for any kind of a body must come from her body or her circulation. But it is a fact, that the germ from a tobacco users' loins, calls for more nourishment, more supplies and drains her body more than when she is carrying a clean child.

Now it is a proven fact that if a man has the syphilis, this will cause the woman to have the syphilis at about the third, fourth or fifth month of pregnancy and she will abort with a dead child.

If she is especially strong, she will carry the child until the eighth or ninth month, but when it comes it will be a sight. We have seen these cases.

We know that this little spermatozoon is microscopical in size.

Small as it is, if it has the germ of syphilis inside of it when it grows and comes to the end of the third to the fifth month we find that as it has grown, so has the humor or syphilis grown and the mother has become tainted or inoculated with this vile disease.

When the child or spermatozoon was in its fathers' loins, he might have thought he was well. When the fifth month came, he saw by the hair falling out from the head of the wife, that he was not well when he had cohabited with the wife. And as he was not well, all his believing so, would not make it so. And the child is lost and the mothers' body is ruined.

In the case of using tobacco, we do not find that the child ruins the mother in as visible a way, but after the mother has carried a child for a tobacco user, she gets to look different and this difference becomes more marked every day she draws her breath on earth. No child from a tobacco user is the same as any other child. It may look so and seem so to an outsider. But, there is something in the habit of using tobacco that ruins the child. How many die and how many invalid and how many are inferiorly equipped for the work of life, who have been robbed before they were born. All this affects the body of the mother and after the change of life comes on, we have an obstructed body.

Reasoning by analogy, we find that the mother who takes a tobacco soaked seed has a very much harder time with her child and in herself is never as well afterwards as if she had had a child from the loins of the male who never used tobacco. We assert that the tobacco is given to her second hand and after she has borne one or two children for a tobacco using man, she is never in the same condition that she was before. Her body becomes degraded. Whereas, if she had been properly treated and had borne children for a man who did not use tobacco, the actual work of bearing children would have been a normal and natural condition and her life would be absolutely longer than if she had never borne any.

Any or all of these conditions should be taken into consideration when we see an ulcer on the leg. And a history of the food and of the patient will soon reveal what were the intimate and provoking causes; for if any of these outlets of the body being closed up and the blood being thick, the ulcer is open at the bottom of the limb in order to drain off or to eject and send out through this ulcer the excrementitious particles which are in excess in the system, and which from constipation or from congestion of the kidneys and inaction of the skin have not been allowed to pass from the body through those outlets.

#### TREATMENT.

Place the body in the best of condition; open all the outlets; place the patient on a nut and fruit diet; observe the air, water, and food. If possible, give steam baths or cold packs and emetics.

Apply the alkali wash. Use the powder of golden seal, or, if there is much rotting of proud flesh, apply the poultice of elm, spikenard and lobelia, which see. The alkali wash may be made very mild at the first and stronger afterwards. Salves are not usually beneficial to apply to ulcers. It is much better to clean them out by poultices and then apply the powder of golden seal, bayberry, helmlock powder, witch hazel leaves, which will astringe the parts more quickly. White pond lily root powder, or any other vegetable astringent which may be selected, may be used freely. A tea made of raspberry leaves to wash out old ulcers is very good after the alkali is first put on. If any grease is needed, or thought to be needed, the elder bark ointment or the tar ointment or any other that may be selected from the formulas at the latter part of this book.

But nothing of an outward application is to be depended upon to heal an ulcer, until the inside part of the body and the entire blood plasma has been cleansed thoroughly. With the cleansing of the blood plasma, you may rest assured that almost any outside

application will have the effect to assist healing the ulcers and have them permanently stay healed.

Soft distilled water is a necessity. Consider that all ulcers are only outlets used by the blood-corpuscles to eject old materials through them, that cannot be passed out at the other outlets and when these outlets are open, there will be no necessity of having ulcers on the limbs.

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## FELONS, WHITLOWS, OR RUN-AROUNDS. (PARONYCHIA.)

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Causes of these conditions have been fully given in diphtheria.

### TREATMENT..

1. Soak the finger in a warm, weak lye, and warm as one can bear it.

2. Cut a lemon open on the end and stick the finger into it.

3. A poultice of lobelia seed, half a teaspoonful, and half a teaspoonful of powdered slippery elm make the best poultice. This may be repeated every little while, and when it comes to a point or swells up very much, the author's experience is to take a sharp lance and lance it to the bone. This opens the periosteum, or the covering of the bone, and the pain is gone. In cutting to the end of the finger, do not cut clear down to the end, but cut to the middle of the bone as the arteries run around the end of the finger clear to the end. By observing this rule, you prevent any scar and also prevent the loss of the bone.

John King gives the following:—

“For a felon or whitlow take equal parts of hard soap, salt and spirits of turpentine; work them together until they form a salve. To be applied to the felon when it first makes its appearance, and repeated if necessary.” But all such remedies have proven useless in the hands of the writer. The idea of applying opiates and laudanum or chloroform and so on, are foolish.

It may seem an absurd thing to the old school and to those persons who have never tried it, but it is a fact that an injection and an emetic when the burning pain first commences in the finger or thumb will relieve this burning pain and stop the progress of the felon. We assert that if there is anything that will take the pain out of a commencing felon, it is the injection, steam bath and the emetic. Drink a cupful of C. R. at bedtime, and a decoction of burdock seeds during the day.

**OBESITY.**

The reason of there being too much fat on the body, in which case the person is called obese or too fat, and the reason why a person is thin or lean can be easily seen through.

The corpuscles of the blood do all the work in the human body as long as they are supplied with good nourishment that keeps the body in the best of condition. When that nourishment is not sufficient and the material is not good enough the person becomes starved, thin and lean.

When the corpuscles are furnished with materials which they cannot use up and cannot pass out from the body, they deposit these particles in the muscles or along the lymphatics where they are stored up as fat.

There are certain foods which can be turned into fat and these may be termed the "starches."

Dalton calls these "hydro-carbonaceous proximate principles."

But these complex syllables do not explain the workings of the human body that becomes too fat.

The simple facts are these:—

When excesses of starch are taken into the body and there is not sufficient acid to change that starch into dextrine and thence into sugar, that starch food remains as starch. It may be comminuted or divided and sub-divided and disintegrated into innumerable smaller atoms, but, unless it comes in contact with an acid sufficient to change this starch into sugar, the particles of starch remain starch and will remain starch until the end of time.

It has been asserted and believed by those who should know better, that if these starches are baked long enough, there will be an exchange and the starch will be changed some manner into some thing else. This is wholly erroneous. Starch can only be changed by means of an acid. Baking the starch will never change it, no matter if it is baked twice and called by some foreign name or baked a hundred times and then any number of names placed on it. It is still the same starch. When this starch is not used up as sugar it remains in the system and causes many kinds of disturbance. Obesity is one of these disturbing conditions.

These particles of starch are landed all over the body and John Marshall of London said they were changed by what he termed "an upward metamorphosis" of fat, but John Marshall was in error. It is starch, starch, starch! This excess of starch all over the body and in the lymphatics, in the muscles, and in all the

tissues, make all such excessively obese. Hence, to get rid of this excess of starch is the first sensible proceeding.

Almost every physician of any extended practice has noticed the large number of women who are obese or excessively fat in proportion to the number of men.

No explanation has ever been given by any of the medical school. Protoplasm explains this anomaly of one sex being more fat or obese than the other, as follows:—

During the period of the child-bearing age, if the woman does not obey the laws of cleanliness, she has within the general circulation much retained excretions and it has to be deposited over the lymphatic glands, because of obstructions and clogging of an outlet of the body. See Leviticus xii and xv, for a bill of particulars.

Remedies have been myriad. The last remedy that we have is poke-root extract, which is sold under the name of *phytolacca* and there are dozens besides this, none of which we advise. The proper remedies are first to stop all starchy foods and second to take some mild, bitter tonic, as chamomile, sassafras, spikenard, peppermint and bugleweed, with perhaps, enough ginger to make the mixture generally stimulating, and of this make a special mixture to be taken before eating. An injection to the bowels should be used every day to have the colons in good condition. The injection material may be of bugleweed, of catnip or boneset.

A daily cold bath is imperative. Walking on the ground, bare footed; long walks in the open air; and freedom from all dusts and smells; and soft water to be used, are all good auxiliaries to the reduction of obesity. If a woman, let her obey all the laws of cleanliness. If a man let him sleep alone with all that implies.

Fruits and nuts with clean fish, beef, and mutton may be allowed, and no account cocoa or chocolate, nor candies in which there is any compound of starch or eggs. Vegetables, other than potatoes, tomatoes, rice, sago, and arrow-root may be allowed. Ice-cream is allowed, but should be made without eggs or any other ingredients except the milk and sugar.

One of the best agents to reduce obesity is having the feet on the ground for an hour or two each day.

### EMACIATION, or LEANNESS.

When a person is excessively thin, it shows that the white blood corpuscles do not have enough food, or, that they have not air enough to assist in changing all the white corpuscles to red ones.

**TREATMENT.**

See what is lacking in the body and supply the lack. If worms are suspected, give the worm syrup or some of the worm powders and give a special mixture to meet the requirements.

Obey all the laws of life and see diet under the head of scrofula.

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**NEURALGIA.**

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Whenever there is a pain situated any where in the body, which the doctors cannot account for by placing it on some organ, they call it neuralgia. The word neur in Greek means a nerve and they make an ending to the Greek word and makes its signification to be all carried to the ending. Algia means to ache. Therefore, NEURALGIA means a pain of the nerve or an ache of the nerve. NEURITIS means an inflammation of the nerve. These things, of course, are plain to any one when once seen through. These names and terms are kept up by the doctors, so as to have the generality of the people impressed by their knowledge and dignity.

What is a pain or an ache? We answer that a pain or an ache is a message which is transmitted from one part of the body to the brain, or to the sentient portion of the body (brain) to inform the sentient portion of the body that wherever this message comes from, there are obstructions, or, there is something which clogs up, prevents, or obstructs the circulation of the fluids as the vital force wishes to have it circulate.

In other words, a pain is a message from one part of the body to another part of the body, telling the intelligence of the body that there is something wrong in the place from where this pain commences.

Neuralgia, therefore, is an ache of the nerves and means that from the place where the pain starts there is an obstruction, or there is some cause why the vital force demands the attention and the assistance of the mind to remove that obstruction or that hindrance in that part to have the vital force carry on the operations of the body in good order. If this philosophy is seen through by the person who has intelligence, we at once do away and get rid of about three years and a half of medical education in the college, or, in other words, the persons who learn this simple fact that a message from one portion of the body that is unpleasant, denotes that obstructions are there and another message succeeding this, denotes that the obstructions are still there and tells the old story about what we should do.

It tells us that we are called upon to remove the obstructions which the vital force cannot remove of itself. And it is no matter what the diagnosis may be, the person who has this idea that there are obstructions at the point from where the message—or pain or ache starts from—has the medical education of four years reduced down to a very small period of time.

For neuralgia—wherever it may be, either under the jaw, or in the chest or in the wrist, or in any other portion of the body,—we always have obstructions. There may be neuralgia around the heart, or it may be a clogging up of the liver—which presses upon the diaphragm, presses the lungs together and makes what is called a neuralgia of the heart. Thus usually a neuralgia of the heart is caused simply an engorgement of the liver, and if we remove the liver trouble, we shall also remove the neuralgia of the heart.

Palpitation of the heart may come up from the same cause, as in the case of a tapeworm, where the intestines have been engorged, loaded up with the excrement of the tape worm and possibly some of the eggs have been carried into the heart and has possibly passed into the ganglions of the heart or the diminutive brains of the heart, we will have what is called a neuralgia of the heart complicated with the palpitation of the heart. The indications will be to teach us to remove the tape worm. This would be easy, simple, safe, rational, effectual and sensible. But the old school says relieve the pain by hypodermic injections of morphin, sulphonal, digitalis, strychnin or any other old drug, so long as we can prevent the message from coming to the brain. We denounce this practice as stupid, devoid of sense, useless and no good in general.

A man eats watermelon or any other indigestible food and has the stomach ache. He may cry with the stomach ache or he may say that his throat hurts which is called a sympathetic pain. If you doctor the throat or give morphin to prevent the pain in the stomach without getting rid of the indigestible food, whatever it may be, in the stomach we shall lay the foundation for a very serious trouble. The sensible way will be to get rid of this indigestible food, or this load in the stomach.

The treatment, therefore, for neuralgia is to find out what causes this ache of the nerves and remove the causes of the message being transmitted. The more common symptoms of neuralgia in these days is painful menstruation and a pain over the ovaries which may run into the back. This is not only very distressing but producing, after the message has been transmitted for a length of time, a species of hysterics and depression of mind.

The most usual causes, especially if complicated with painful

menstruation is a contraction of the Fallopian tubes. This is caused by cold, after the diet is wrong. It may be made worse by starchy food or it may be brought about by the wearing of the corset or from the garter being too tight on the limbs. Anything that obstructs the circulation upon the arteries surrounding the ovaries and uterus and by rendering the blood thick, irritates the coverings of these little tubes and contracts them.

In this state of contraction at the time of ovulation—when the menses come on—there are intense pains, not alone over the uterus but also in the groins about the region of the ovaries. This may extend up in the back or if the lower part of these arteries are filled and the veins are also filled, it may cause a contraction of the lower part of the rectum, in which case there will be constipation and we may have a severe pain at the lower part of the spine.

Sympathetic pains may run down the legs from the back to the heel. And if this contraction continues, we may have burning on the bottoms of the feet, weakness of the knees, dizziness, bad taste in the mouth, and a long train of symptoms which the doctors very wisely (for their own pockets and the pockets of their partners) attribute to "*female diseases*." We deny that there are any more female diseases than there are male diseases. The trouble lies in the conditions of the body, and the same causes produce like affections. The man does not wear the corset, very seldom wears a garter around the leg and he is allowed some exercise and therefore he does not have these peculiar pains. Remove the cause, remove these obstructions and we shall have a cessation of all these troubles.

### TREATMENT.

The treatment for all cases of neuralgia is to see that the intestinal canal is well cleared out. Injections to the bowels every day, the daily cold bath (unless it is a woman who is unwell) and the administration of one of the special mixtures, strict regard to the food, and the corrective powder after eating. The corrective powder by itself will cure almost any case of neuralgia. For a specific for neuralgia give the fever powder infusion until nauseated and then give the emetic. Follow this up day by day with proper attention to the fruit and nut diet and all cases of neuralgia can be cured. In other words, remove the obstruction and the causes being gone, all cases of neuralgia will be gone also.

For a specific for painful menstruation there is nothing equal to the corrective powder after eating. It may be given with a certainty of its producing a relaxation of the Fallopian tubes and with



the addition of composition and sculcap on going to bed will remove all aches and pains during menstruation as well as many other sources of neuralgia.

For pains in the bowels see appendicitis, or stoppage of the bowels.

For the formula of the corrective powder, see the appendix at the end of the book.

For neuralgia of the jaw, we do not know of anything so quick and positive as the emetic and the injection to the bowels.

If one can have a vapor bath and then have the emetic and if this does not relieve, then have an injection to the bowels, we think any case can be cured.

For neuralgia of any part of the head, give the cleaning out process and, if not well when this has been thoroughly carried out, when the periodic headache comes on again give another treatment and give the Culvers' root compound every hour. See after the amalgam filled teeth, or see after red rubber plates. Both are bad.

### HYDROCELE.

This is a collection of water in the scrotum of the man. The only remedies that can be depended on is to tap it and inject either clear water, a decoction of golden seal, or a mild solution of the tincture of iodine. We believe that a mild infusion of blood root could be used to a better advantage than iodine.

In this case, it is better to have a man who has a reputation as a surgeon.

### VARICOCELE.

This is a lack of venous circulation in the spermatic veins and is caused by a thickness of blood and is usually on persons who have eaten largely of starch food.

The remedy, (as this is always an affliction of the male,) is to circumcise the patient and to change the diet on to fruit and nuts. Operations are useless as it can be cured without any operation, whatever. The use of the battery or electricity is not necessary in any of these cases. It only changes the cause of the trouble from one portion to some other portion. In other words, sends the laden corpuscle from one portion of the body to some other place.

### INCONTINENCE OF URINE.

This disease or weakness is more common in the boys than in the girls, although both sexes are liable to it. It is caused by the lack of proper contraction of the sphincter of the bladder.

The remedy is a daily bath. Raspberry leaves or raspberry

leaf infusion in which there is from five to ten drops of No. six. This can be sweetened and for a child of six, give a half cupful of raspberry leaf tea with ten drops of No. six and increase the dose of the No. six every night. Spice bitters may be given before eating and the diet as found under the head of scrofula should be adhered to.

CIRCUMCISE THE BOY.

### SUPPRESSION OF URINE.

Usually this is brought on by cold which has contracted the kidneys and bladder; or, because the bladder is not under control.

If suppression is brought on by cold, give composition infusion or an infusion of pumpkin seeds—an ounce pounded up to a pint of boiling water. Or give cleavers, peppermint, or queen of the meadow in decoction. Boil two ounces in three quarts of soft water and drink a cupful every hour.

Remain seated in a warm bath as long as is pleasant.

If there is any obstruction to the bladder, take a bulb syringe and with a pan of water before you, inject into the bladder all the warm water it will hold. If there is any contraction which does not allow the urine to pass, one should have a catheter and draw off the urine as may be necessary. All the mints are useful in promoting flow of urine.

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## CANCERS. TUMORS.

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The regulars assert that all kinds of cancers come because of germs in the body which obtain a lodgement there and have their homes in the tissues. They picture out these germs, marked COCCI, and stain them and tell us that the bugs or germs make this cancer. We deny this wholly. It is not so. Their statements are contrary to truth.

When the corpuscles are laden with the old, effete and worn out material and the liver, kidneys and spleen and other organs are no longer outlets sufficient to carry off the full amount of waste material that is in the body, after a while these corpuscles, under the influence of the vital force have to have an outlet and they select a place in the body that is unused. Into this unused place, these corpuscles carry their burden of old material and dump it in the tissues or the unused places where it will be out of the blood stream, out of the way of the heart, brain and lungs. As

soon as the deposit is started, it becomes what is called a bunch or a tumor, and in that case, is what the medical gentleman calls a benign tumor. It is a dumping ground for worn out or waste materials. Dead matter.

This old matter would never have been in the system, if the other outlets were open. Nor would it have accumulated in the blood stream if the person had lived a cleanly life.

The infidels, materialists and make believe scientists can cackle until the earth is ready to swallow them, but it remains a fact, that the people who obey the laws which we know as MOSAIC, (but which were and are God's laws) never have a cancer.

When they neglect these laws and go on in unclean habits, the cancerous or unclean materials come into the body—They are sent or dumped into some place and we have the tumor and then have the cancer.

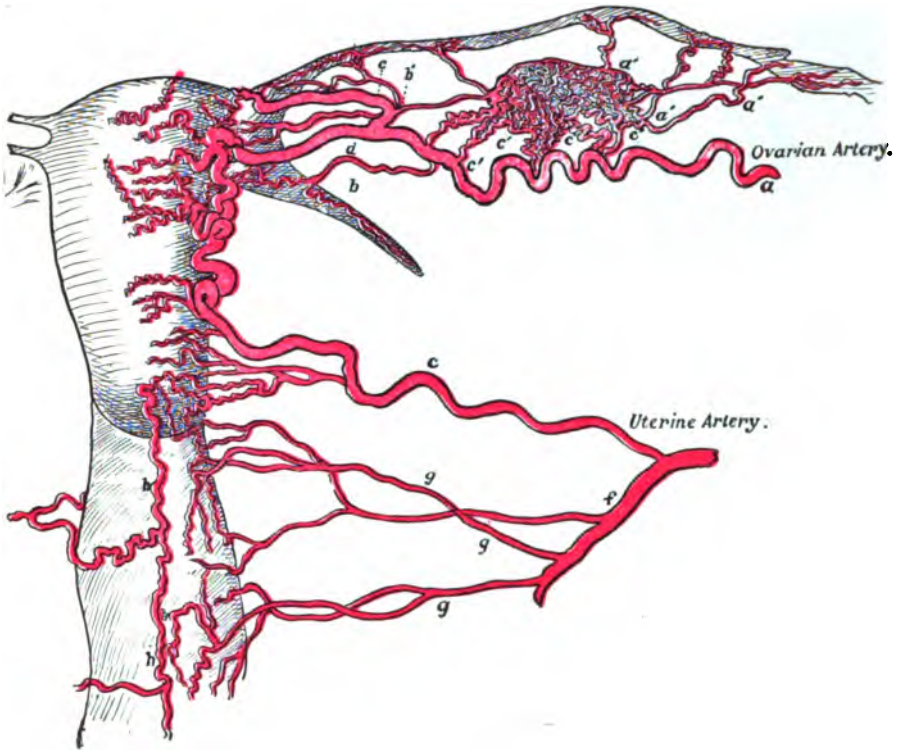
So far, we have the real and actual philosophy of all cases of tumors and cancers in the body. The more common place for a cancer to come in the woman, is in the breast. Why? Because that organ, after the change of life, is not of any farther use and the places in that organ are hollow and, therefore, it is the most frequent organ that is attacked.

The next place in the woman is the *uterus*, which is attacked from the same cause. Attacks are made there because so far there is no farther use for this organ, after the menopause.

In the man who is a tobacco user, the lips are first selected, because from the heat of the clay pipe or cigar some of the cells are destroyed and especially is this the case in smokers, who use what was formerly known as a clay or cutty pipe, the bunch forms at first on the angle of the lips. When the bunch is once formed, it commences to accumulate. The doctor tells us that this is a case of a growth, which we deny again, because it is not a growth.

This cancer or this accumulation is a bunch where the corpuscles of the blood go and dump out their extra worn out material.

Old men and women that are not so old, sometimes have a scab on the face that they cannot heal up and this is called sometimes epithelioma and sometimes called lupus. When they want to make a soft name, they call it lupus and when they want to make a hard name, they call it cancer. Usually it is what is called a skin cancer. It comes up first where there is a discoloration of skin or a little brown spot. Sometimes on the nose, sometimes on the surface of the face, or one side of the face; other times underneath the jaw; although when it comes underneath the jaw, it is usual for the glands to be swelled and then when the glands are swelled, it



#### Ovarian Circulation and Cleanliness.

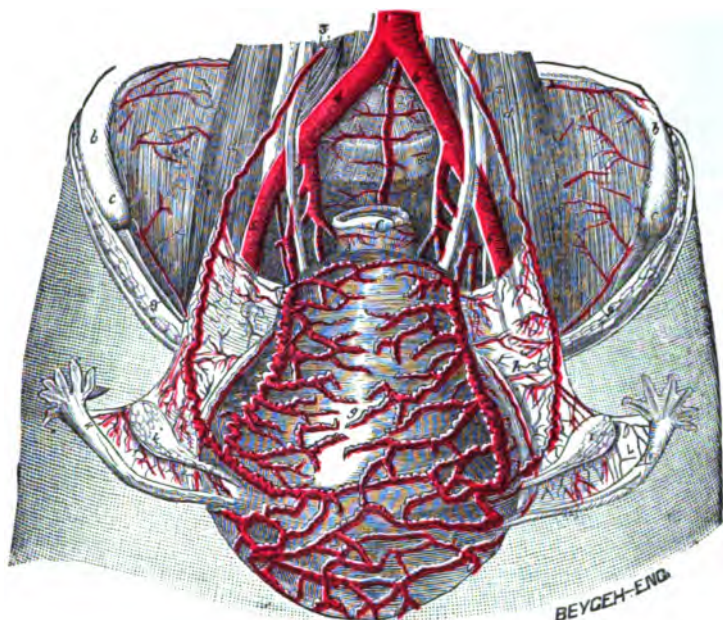
**ARTERIES OF THE OVARIES, Uterus and Vagina.** There is no circulation in the body, unless it is the circulation over the stomach, which is so varied at different times as in the circulation around these organs. It is easy to see that these organs may be affected and changed by any condition which affects the circulation of the blood and any change in the entire volume of the blood must affect the circulation around these organs.

We have placed this cut here as one of the most important in the book, because we believe that the foundation of our society and the welfare of every woman and child upon the face of the earth is based upon a strict obedience to the laws which are found in Leviticus, XII and XV in the bible.

There is absolutely no law which is so important to the human race as the law of cleanliness for the mother and child, and the man or the woman who affects to deride these laws, or to overcome them, is a person who is simply butting the head (figuratively) against a wall of iron. There is no question of a person or a nation remaining in any state of mental or physical advancement without an obedience to these laws. And the disobedience to these laws has resulted in degrading every person, man, woman, and child—and every nation that is upon the earth, or ever has existed upon the earth and for this reason and ostensibly for no other reason—unless it is the avoidance of swine flesh—do we find the Jewish Nation in our midst today the foremost thinkers and the most perfect types of manhood and womanhood who exist upon the earth.

It has been said by many ministers and expositors of Christian Faith that all these laws are done away. But, if they would read their bible, they would find that in their cherished New Testament the Apôstle tells them "GOD DOES NOT CALL US TO UNCLEANNES" and we assert that the understanding and keeping these laws will keep any woman in perfect health and free from what are called female diseases, as long as she is on the earth. The knowledge of these laws is a fortune. Keeping of these laws brings health and happiness to the family.





### **Arteries of Pelvis and internal Genital Organs in the Female subject.**

If you will examine the outside of this cut, you will see that there are little red lines running over the round organ which represents the uterus. These are called arteries. Observe that this organ is the one to which the doctors are always pointing and to which all or nearly all of the operations are made on the woman who is sick. While the woman is well there is no organ in the body more secure nor more firmly fixed in the body or one which is taken better care of. But once the woman gets sick, this organ has to catch it if the doctors can get a chance at the woman's mind. Our idea in placing this cut before you is to prevent a very common occurrence and one which has been common ever since King Solomon sat on the throne of Judea, and this is the killing of the child in the uterus.

When this has occurred and the inside part of the cavity has been cleaned out—apparently—the uterus contracts, that is, this large organ which has held its contents securely is collapsed. And, with this collapse we have a cessation or a stoppage of the circulation on the outside of this organ.

Now, bear in mind that the circulation on the outside of this organ was composed of red blood, blue blood and nervous material. When this organ collapses and the contents are expelled, then the outside part of this circulation, that is the blood and the nervous material, are left on this outside. The doctor goes to work to curette or scrape out the inside; but he cannot by any means get hold of the outside and this commences to rot. It cannot get back to the general circulation, that is—it cannot get back at once, but remains in this place and putrefies.

The woman who has had this operation performed may think that when the contents of the uterus are expelled that she has recovered from all the consequences. But, this is a grave error, and one which you can tell on almost every other woman who has arrived at the age of maturity in the marriage state. We say there is no safety in killing the unborn child. The woman may get away with the child, but the results of this stoppage of the circulation on the outside will be seen on every line in the body and more especially, on the face.

All this old material will be sent eventually, into the general circulation and ruins the entire system and for this reason we reiterate our assertions that, if you keep the law the law keeps you. If you will not obey the law, the penalty of that law will be to drive that life out of the body.



# CAUSES OF CANCER, EXPLAINED.

Cuts drawn by Melville C. Keith, M. D.

It is often asked why it is that a bruise on the breast or elsewhere becomes the seat of a cancer. The answer is this:—When there has become a bruised place in any spot underneath the skin, there is a small quantity of dead material there. This dead material forms a nucleus, or a gathering place for the excess of excrementitious material, which is in the body and it commences to accumulate in the same manner as is shown in Plates 26, 27 and 28. The blood is brought there—say for instance on the breast—as may be seen in Figure 29 and when the dead material settles it becomes a bunch, as may be seen in Figure 30. Then, after the skin breaks away we have the putrefying material and the dead matter with pus, as represented in Figure 28.

It is not the bruise that makes the cancer, but the bruise causes a little dead matter to accumulate and the bunch is formed of excesses of effete material that may be in the system, and from this we have a large accumulation and, when this accumulation becomes putrefied, we have the cancer. The bruise does not make the cancer; it is the effete material in the system which was there before the bruise. The bruise only starts a place for the old material to accumulate to.

Right here is where the Microscopist comes in and says that through his microscope he can see the cancer cell in the breast or in the cancer—no matter where that cancer may be. It is true that he may see cells, which have the appearance of being different from the regular blood cells, either red or white corpuscles. But, what we say is this:—that the air itself, by coming in contact with the DEAD material, makes that dead material to become putrefied and brings the cells or germs or spores which, when they are grown, may change or influence the corpuscles to appear like foreign bodies. If we desire to have an instance of this, take a loaf of bread directly out of the oven. It is then perfectly sterilized and perfectly sweet. Let it stay in the air and sunlight for six days and, when we examine this sweet loaf, we shall find that from the presence of the air, this bread has become moldy all through and is alive with germs. It is possible for these germs to be both animal and vegetable. We therefore assert that every dead place in the body that is given up by the V. F. and takes on air, may putrefy and in this state of putrefaction we call it a cancer. It is fatal, because this putrefactive material is reabsorbed or taken back by the veins or nervous system and is carried back to the heart, and from there goes all over the body. Of course, the body is poisoned with this cancer material.

One more thought and we have finished. The putrefactive sore that we call a cancer is named a cancer because it sprangles out like a crab. That is apparently, it has legs and we often hear how many roots and things are in this cancer, as if it grew from these roots, and when the "plaster" doctor takes out the bunch, he shows these strings and says: 'Look at the roots that I have taken out.'

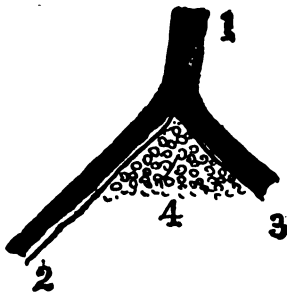
This is wholly erroneous. It is directly contrary to the truth and the facts. By reference to Figure 26-27 and 28 we see that the arteries, which have bi-furcated have two more on the under side and one on the top, because they have divided. Now these roots are the "strings" that the 'plaster' doctor brings out or simply the remains of the arteries or rather the coats of the arteries and the nerve fibres, which have run into across this putrefied sore.

The bunch itself may have become dead and decayed away but the nerves and arteries being tougher and more resistant to decay, leave these fibres which are pulled out when the bunch comes out and they are really nothing but the nerves and fibres from the arteries, or perhaps, in some places the remains of some muscle or tendon. There are no "roots" whatever to a cancer. It does not GROW, in any sense. It is the accumulation of a quantity of worn out, dead or excrementitious material, that should have passed off long ago, through other outlets of the body.



# KEITH'S DOMESTIC PRACTICE. PLATES.

XXVI

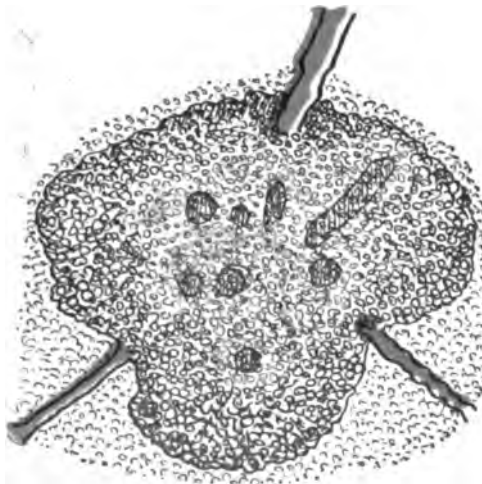


**Beginning of Cancer.  
A Deposit of Old Material.**

Protoplasmic declares that all these assertions are false and that the beginning of cancer is always effete material that should have been passed off through outlets in the body—either by the skin, kidneys, bowels, or lungs. Protoplasmic explains that all material that is worn out or effete in the system must be carried out by one or all of the outlets of the body.

During the childbearing age much of the worn out and effete materials are carried off in the placenta or are used up in the water,

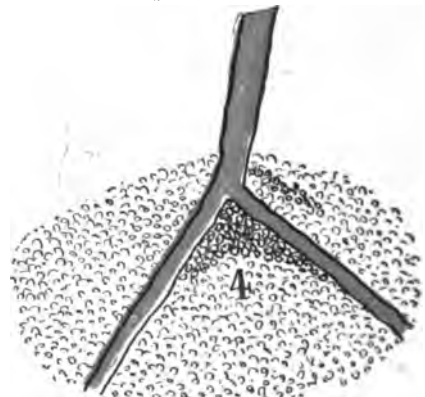
XXVII



**Bunch broken open Putrefied Open Cancer.**

The regular medical profession asserts that cancers come because of germs. They assert that they can see these germs when magnified by the microscope and that these germs eat, drink, marry and are given in marriage; or in other words, that they exist, breathe and propagate in the human body and live upon the tissues of the body until that body is all eaten up.

XXVIII



**An Increase of Old Material.  
Deposit Accumulating.**

membranes or other discharges that are passed off with the child. Child-birth is a natural condition.

If now, the body is in perfect condition there are outlets for all this waste, effete or dead material to be passed off out of the body. But, if the body becomes clogged up in its skin or kidneys, or if, for any cause there is a history of continued constipation, wrong food, hard water, or unnatural habits, we have that body filled up with excrementitious material which should have passed off in one or the other outlets of the body.

When the body first becomes to be filled up, the liver becomes engorged; then the spleen—because the spleen is a reservoir, or a system, or an appanage or a place to store up the old materials that are sent there from the overflow of the liver. In some cases the pancreas and the lungs are burdened with this old material and, when Nature can no longer find a place to stow or

deposit this old material she takes it into the general circulation and then makes a deposit or a dumping ground of some waste or unused space. It comes through the arteries and may settle or form a nucleus either in the glands—as an excess of lymph—or it may come in between the bi-furcation of an artery or a vein and there make a little deposit. After the deposit is once made and the body has the excess all over the entire system there will be from time to time a still more gradual accumulation of these effete atoms, which are sent there, which are dumped there by the overburdened blood corpuscles. All this occurs underneath the skin and may occur at any point in the body; but is more likely to occur in those organs which are not used continually or where they have been used and left hollow spaces.

For this reason we find the breast of woman and the uterus after child-bearing, more liable to be the seat of these deposits, which are simply and only deposits of worn out or effete materia. When first formed, these deposits are called tumors, or bunches.

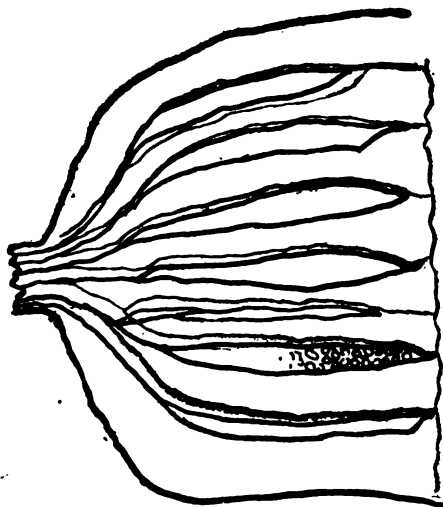
In the man who has been a smoker, we find these deposits may occur in the lip or about the nose, and these are really deposits of dead material that have once been living matter, but have been killed by the action of the tobacco. Tobacco kills the corp scles.

After a while, this bunch takes on oxygen of the air and becomes fermented—or it takes on putrefaction—just the same as a bunch of meat or any old material would take on putrefaction which may come from the air alone. The elements of putrefaction are abundant in the air.

When this putrefaction takes place, the Vital Force has left nearly all the surrounding tissues and if there is any circulation in the tissues it is very little and the corpuscles are very much laden with this old material while the circulation of both venous and arterial blood as well as the circulation of nerve material becomes partially or wholly stopped. And we have a bunch of dead and putrefying material, over which the Vital Force no longer has any control.

In the accompanying five plates we give

XXIX



Breast in which there is a first deposit in the unused milk gland.

XXX



More accumulation, which, when putrefied, will become a cancer.

## **KEITH'S DOMESTIC PRACTICE.**

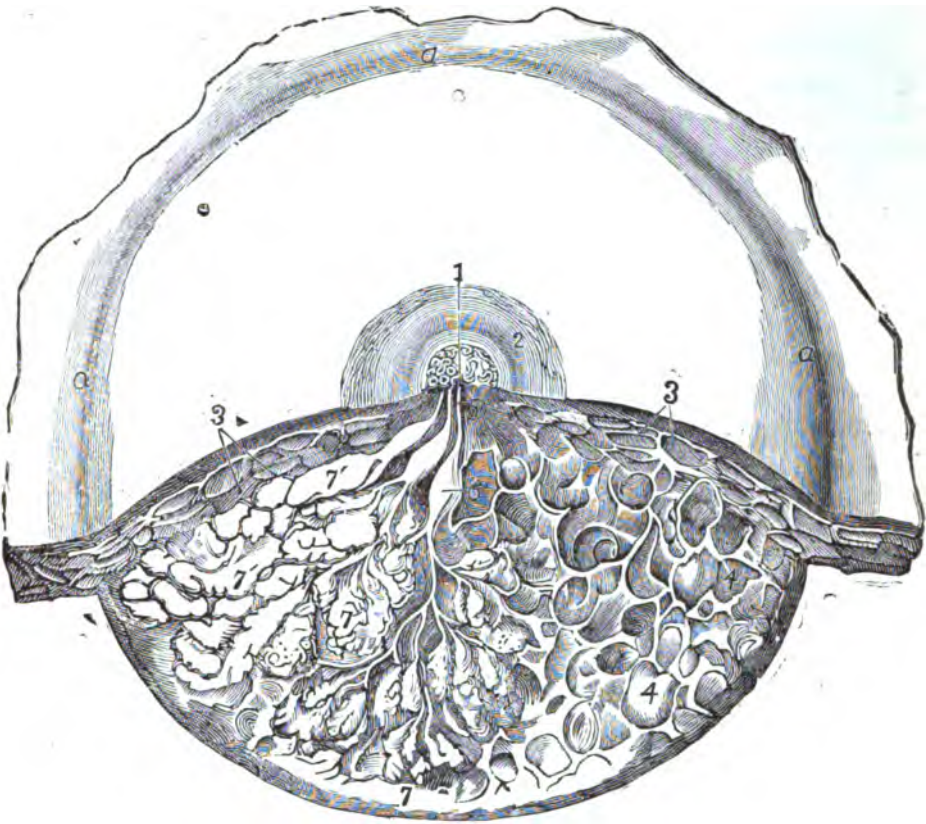
illustrations of how this material is first accumulated at the bi-furcation of an artery. Then we give on plate XXVII an increase of this accumulation, and on plate XXVIII we give the bunch broken open, decayed with the pus already seen in the yellow places. On plate XXIX we give an illustration of the normal or natural breast of a woman. The milk-glands are seen with the arteries running around them and the passage-way from the milk-gland to the nipple. On plate XXX we show an increase of this accumulated material showing how easy it is to have these lacuna filled with old material, thus forming a bunch which, after a little, goes through the same process that we have just described, becoming putrefied by the action of the air and departure of the Vital Force, and the breast absolutely rots away. And all this, because of effete and worn out material in the body. There is no germ about it until the bunch has already appeared. No germ can enter into and eat up living matter until the Vital Force has been driven out of the living matter.

With these five plates, any reasonable person can see that medical assertions about germs causing the cancer are all erroneous and contrary to the truth, which we assert and demonstrate that cancer cannot come in any portion of the body until that body is filled with effete, foreign, worn out, filthy and extraneous material, which has become offensive to the Vital Force. With this understanding, the treatment which is laid down on the following pages will become perfectly plain and reasonable. And a careful consideration will show that if we keep the body in clean condition and obey the Laws of Nature, we shall never have a cancer.

The assertions of doctors who say they have seen the cancer germs and cancer cells can all be accounted for when we consider the actual condition of the blood corpuscles laden with impurities, which have been deposited in any portion of the body. When putrefaction has taken place, the corpuscles themselves may assume a very different condition and shape than they did when they had good nourishment and a warm congenial liquid to float in.

During the history of the world there has never been the rapid increase of cancers that have appeared in the past fifty years. Is it not remarkable that with this increase of cancer, we find the people so very tender on subjects connected with Bible truth? But this time and these occurrences are foretold by the prophets. "They shall be drunken in their own blood—and shall **PLUCK OFF THEIR OWN BREASTS.** (Ezekiel xxiv, 34) The "Old Book" has thus spoken of this disease and he who studies these plates will comprehend the causes which lead up to it.

Fig. 94.



Dissection of the lower half of the female mamma during the period of lactation.

$\frac{2}{3}$ .—In the left hand side of the dissected part the glandular lobes are exposed and partly unraveled; and on the right hand side, the glandular substance has been removed to show the reticular loculi of the connective tissue in which the glandular lobules are placed.

1.—Upper part of the mammilla or nipple.

2.—Areola. 3.—Subcutaneous masses of fat.

4.—Reticular loculi of the connective tissue which support the glandular substance and contain the fatty masses.

5.—One of three lactiferous ducts shown passing towards the mammilla where they open. 6.—One of the sinus lactei or reservoirs.

7.—Some of the glandular lobules which have been unraveled.

7'.—Others massed together. (Luschka.)

After suffering from tumors and cancers for the past one hundred years, with all the boasted science of the wonderful men who compose the great bodies of medical science would you not suppose that they had found out some remedy or some preventive of this condition of cancer? But they never have. Any more than they have ever told why cancer takes the breast of a woman as his favorite chewing ground. Not one of these scientists have ever given any reason or supposed cause.

May we explain it to *you*, as they do not want to know?

The breast is taken, because there are unused spaces as you see and in these unused spaces, the blood corpuscles have had their loads of excrementitious material or wastes

is no longer a skin cancer, but they call it by the name of schirrus or colloid cancer.

All these forms of cancer are from one and the same cause—they are from an overloaded, effete, worn out condition of the blood. And the reason for their being there, is because there is no space elsewhere to dump these old materials. This dead matter.

After a time this bunch takes on oxygen or ferments and then it turns purple or dark colored. It commences to decay and we have what is known as a cancer. It was a tumor before it was putrefied. But when this tumor putrefies or ferments, it is a cancer.

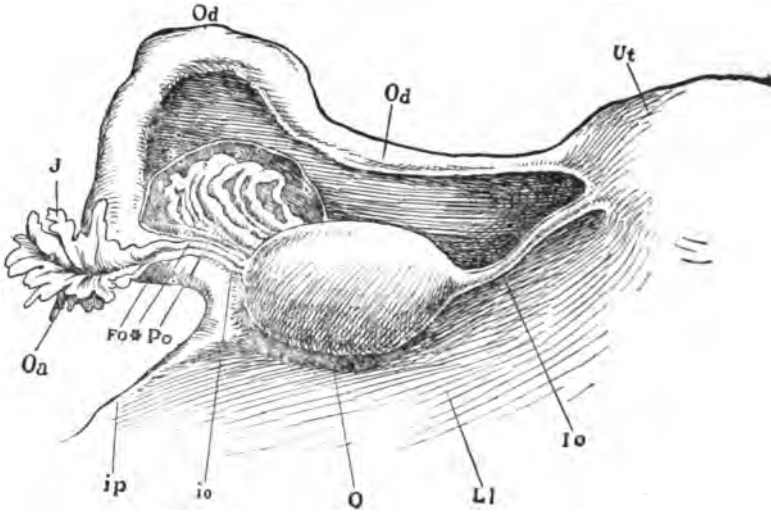
A person may have a bunch for twenty years or even longer and after they pass a certain age the oxygen comes to it and putrefies. Then we may have the most malignant form of cancer, which runs its course from one to two years. Or perhaps in a few months when this putrefaction has taken place and the skin has become blackened and there has become an open sore on the bunch and wasting all that time until we have an absorption back into the blood of this putrefied material and when this putrefied material is taken back into the blood, it goes to the heart and produces more poison. It kills more corpuscles and leaves the blood in a still worse condition than it was before. After this poison is taken up by the little glands of the heart, the person commences to emaciate very fast. The lips become purple, the feet swell, sores may break out on other portions of the body and they are gone.

that are in the body and have to empty them. Had to clean themselves. And the breast was the most easily reached place, where there was space and where they would be liable to have the waste from. Because they were nearer the surface there, than any where else in the body. And, may be, the Vital Force thought, or made the calculation, that when the woman, seeing her breasts fill up, would have a mind to change her way and habits of filling the body full of unused filthy food. As potatoes, pork, coffee and many other things. Does the unfortunate woman who sees a little bunch on her breasts, ever think of changing anything?

Not at all. She goes to the High Priest of Medicine. What does he tell her? How does this high priest act? He says, "It must develop."

May be it is a "benign tumor." He never says a word to her in regard to her habits or her eating and drinking. Never says a word about hard water or any of her habits. Why will this high priest not tell this unfortunate woman? Because this high priest is a worshiper of the Sun and thinks the Sun does all things and we have all life from the Sun. And so it goes until it "develops" and the woman has the breast taken off and soon goes down unto death. You see, after the breast is taken off, the waste material must go some where else or come into new glands. And it always does. Happy if the woman can receive these ideas before the bunches even form and keep herself from any of these "*benign tumors*" (which are bunches of filth) and which "*develop*" into cancers. Happy is any body who is free from the chief high priest and scribes of medicine. For they do not know and care less for the welfare of the human race.

Fig. 95.



- J. Fimbriated Extremity.  
 Ed Fallopian tube or Oviduct.  
 Ut. Uterus.  
 Po. Parovarium.  
 O. Ovary.  
 Li. Broad Ligament.  
 Lo. Ovarian Ligament.  
 Fo. Fimbria Ovarica.  
 Oa. Ostium Abdominale.  
 ip. Infundibulum Pelvic Ligament.

One medical gentleman of Edinburgh had, before his death, given the world, the results of his having taken out Four Hundred ovaries from as many different women.

And, in the book from which we took this information, there were records of thousands upon thousands of women who had their organs removed from them. And the records were taken in after years. Nothing or not much being said about those who went overboard into death.

Would you not think that some of these men—(God save the mark)—would have asked, in face of this widespread desolation and unhappy waste of life, that they would seek out the cause *why* these ovaries were diseased? And why was this condition to one-half of the human race? But, so far as we have read, there has never been anything whatever said or asked along these lines. Not a word why or wherefore.

Medical gentlemen with lots of show as to truth, tell us of all kinds of cocci, germs, bugs and bacteria and what they know about these dreadful monsters which get in and chew up parts of women. But if we think of truth, we must conclude that these very eminent men do not have any truth. And less knowledge than than they have truth.

One of the chief reasons of these ovaries becoming diseased and one of the main reasons why there is anything like cancer, is just because these women, every one of them, did not obey the laws of life. Anybody knows this much.

But, when you think of direct causes, we are sure that the study of protoplasm will give you the key in half a minute.

All of these unfortunates did not observe what God had said to the Israelites so many hundreds of years ago, because some squint-eyed make-believe scientist had said there was not any God any more and they had every thing now-a-days from the sun. So all these cleanly laws were thrown overboard and everything else has gone with these assertions from these lying make-believes of godless animals that run the State Craft of Medicine.

Protoplasm teaches you that when a person is unclean from any cause, that the blood corpuscles are loaded up with material that should have long ago passed off through some outlet of the body. When these outlets are clogged up, then we have trouble. So, when a woman is in her child-bearing period, she should have an opportunity to keep her body cleansed. But the man thinks he has marital rights and all that this conveys, and when he thinks this, he calls up his wife, who is his wife, his ox, his ass and anything that is his and uses her body. He does indeed at all times and under all seasons. And when this woman's body becomes diseased he is so very anxious to restore her to health that he takes her to one of the regular scientific butchers and has her organs removed. Then what?

Is she well? Not on earth she is not. We have not time to give you a bill of particulars because there is not space.

But, you can read all about it, if you desire to have the truth.

Cutting a cancer is the only mode by which the old school knows of taking it out of the system. This does not do a particle of good.

On the contrary, the person who has the cancer taken out only lives about two years. It is reproduced with great rapidity. And if it is cut out wherever it may be, either on the breast or the glands of the neck or any where else, the rest of the putrefied material goes to the liver. Bunches commences on the liver and they have inward cancers which are usually, if not always, fatal.

Can the cancer be cured.

We say "yes", decidedly. If they are taken in time and the person has patience and courage enough to continue to do, but no person can cure cancer with any habit whatever that is opposite to the laws of nature.

No drain can be allowed to the system, no morphin to lull any pain, nor any form of narcotics can be allowed which has already produced this bunch or this excess in the system. All these things must be eliminated or thrown out of the system before we can expect that we can remove the cause of the cancer and they must be removed from the blood stream first of all.

No person need expect to be cured of a cancer who cannot control their appetite. All kinds of starch food are excessively bad as there is not a sufficient quantity of acid in the system.

### TREATMENT.

There is no known remedy which can be taken and produce more than a transient beneficial effect as long as the excess of food or the excess of wrong foods is persevered in. No person can get rid of a cancer, who eats tomatoes, potatoes, pork, tea, coffee or has any habit of morphin, cocain, beer, tobacco or any other poison to the nervous system.

All that we have said in regard to consumption and and scrofula, applies here.

When the body is well under control, they can commence the daily emetic. The injection is necessary and one meal a day, which should be exclusively of fruits and nuts. We doubt in some cases whether meat should be allowed with any case of cancer and this especially true,—we mean to say, this applies especially—to persons who have cancer of the breast or uterus. We believe no meat

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Protoplasm teaches you (the bible first taught it to man), that if you desire to keep from having any of these conditions of disease, you will have to obey all the rules of life. And to remain clean is one of the first of these laws. Then comes the eating of swine flesh, hard water, excesses of starch food and food that has too much albumin in it, and when you have equalized up all your foods so as to have the correct food, you may rest assured that no tumor or cancer can have anything to do with you, until you are one hundred and twenty years of age. And not then. As you will be out of the cancer age at that time.

of any kind should be allowed to cancerous patients until cured.

All that we have said in regard to using the purest soft water or distilled water, is imperatively necessary in all and every case of cancer. The mind should be free and when the emetic commences to cleanse the body, there should not be a stop until the material is so far eliminated that the bunch is gone and the sore itself is healed up. This is a very important fact which the author did not learn until too late to save many cases that came to him, but it is a fact, that when the body becomes loosened up of its old material that one cannot stop in eliminating, because when once the liver commences to dump out its old material and the spleen commences to open up that great reservoir for the extra bile and material from the liver, we must keep steadily at the cleaning process every hour until the case is well.

We say when these organs open up, then the daily injection, baths and emetic must be continued until the person is thoroughly easy and the material is eliminated from the system. Wholly eliminated.

If everything is all right, that is to say, if there is no pain and the bunch is hard, the person may have every other day treatments; but if the bunch is soft, the emetic and baths daily are the only remedies that they can have to thoroughly depend upon.

We formerly employed vapor baths in some instances of skin cancer.

With the man who is a tobacco user, the vapor bath is very relaxing and should not be used when the person is weak or too much relaxed. It is far better to use the cold water and the emetic daily.

Clover has been considered a specific for cancer. The alterative syrup in the last of this book will be found a desirable article.

The chimaphila is also a useful article in case of cancer of the uterus.

Where there is eating cancer of the nose or face, powdered golden seal can be applied after the open sore has been washed with a mild alkali, as ashes and water or soda, dissolved—a dessert spoonful heaping to a pint.

Salves, so far as the writer's experience goes, are not of benefit.

What we assert is this:—As soon as the person with cancer is placed on the eliminative treatment, injections, baths and emetics, we may look for a diminishing of the pain and a general increase for the better all over the body. But morphin and all drugs must be stopped.

Poultices of elm, to keep the parts from the air, may be used at first and renewed every two hours. Applications of water or



any thing in the water dressing (Decoction of WILD INDIGO will take away the smell) may be applied until the material behind the cancer can be vomited up.

If this course is taken, the cancer can be cured. Diet should be of fruits and nuts. As soon as easy, stop poultices and dress with cold water. And by attention to these rules, nearly every cancer can be cured.

If there is any cessation, or the person has a wife—or any drains are allowed, be sure that your case will slip away from you and also bear in mind that every case of cancer where the patient takes morphin, opium or any narcotic, is sure no die.

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## DROPSY.

**ALSO CALLED HYDROPS. IF ALL OVER THE BODY, IS CALLED ANASARCA.**

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There are many different kinds of dropsy and each of them seems to have different symptoms, but the disease is all dropsy. This is another one of the special diseases that are so elaborately studied by the old school and which they know so very little about.

A person—especially a woman after the change of life—could have what is termed a tumor of the ovaries or of the uterus, and she will have a case of abdominal dropsy.

A man can get cold or he can have a heart trouble from drinking coffee and after he has drank it long enough or used tobacco so that he has trouble with the heart, he can have a case of abdominal dropsy. A man can have a rheumatism, and then, finally, have a heart trouble and consequently have the dropsy.

A child may have dropsy after scarlet fever or measles. Especially after taking Belladonna and Aconite.

And a woman may have erysipelas and be treated for erysipelas and afterwards have the dropsy. Because her blood has been poisoned and killed.

The prime cause of dropsy is the death of the blood corpuscles. And the reason why the blood corpuscles die is because that they are starved for lack of air and proper nourishment. When the corpuscles of the body from any cause are poisoned and stunted for lack of air and for lack of nourishment and these corpuscles die and are not allowed to pass off out of the system by reason of there being any clogging up anywhere, we may have a case of dropsy.

In case of dropsy from the heart disease or from what the doctors tell us is a "*fatty degeneration of the heart*," the successful way of the writer is to put the person in a pack over the chest and abdomen, as has already been described. Keep the person in the pack—well covered—until they sweat and afterwards, that is, after they have sweat good, have them taken out and washed in cold water and have time to get rest a little, then give them from one to four quarts of water to drink. Repeat this day after day and the dropsy will soon leave the body. Not a bit of medicine needed.

We have never seen this in any book, but from analogy the cleaning of the corpuscles, we conclude this must be the right way, according to the laws of Protoplasmic and we have accomplished some very remarkable cures without giving any medicine whatever.

Our specific for dropsy, where we can have the patient under control, is to make an infusion of the following:—

One ounce of wild yam, half teaspoonful of cayenne, one-fourth of an ounce of Virginia snake root. Place all in a bowl and turn in a pint and a half of boiling water. Steep, without boiling, twenty minutes. Commence by giving one teaspoonful every fifteen minutes. Increase this dose until they can take two or three tablespoonfuls every hour.

Very much depends on the patient, whether man or woman, size or weakness—the general body weakness.

My rule has been to give all the patient could take, with plenty of distilled or soft water afterwards. Only one meal a day, of fruit, principally. Cold baths every morning and wash the abdomen and limbs with cold water, every day, or two or three times a day.

With this treatment I have saved many cases that have been given up by some of the eminent medical gentlemen. I would not say it will cure every case, but I do not know of any one specific that will do as much.

Of course other things could be added or substituted. This is especially good when there are pains in the bowels. Whenever there has been (as there nearly always is) a scantiness of urine, with redness, I make an infusion of lobelia, one teaspoonful heaping, catnip the same, and half an ounce of Virginia snake root. I give this, commencing with one teaspoonful, as with the other, every half hour, increasing the dose until the urine is free. Or, in severe cases, these two infusions can be alternated. One dose one half hour the other dose the next. For an adult, two large tablespoonfuls every other hour, is a good dose.

For a tonic where there has been pressure for breath, the pack is the best thing. And a drink of equal parts of elder bark and wild cherry. Neither one of these should be boiled. They should be steeped. An ounce of each placed in a quart of water and a cupful drank three or four times a day. An adult, drink it all.

If there is a tumor in the abdomen, a thorough course of medicine or every other day emetic with injections, as advised in cancer cures is the appropriate treatment.

Do not mix this treatment up with any allos-pathos medicine and especially do not have any idea that one can take morphin for the pains and continue this sort of treatment. The only successful method of treatment of Dropsy is to go easy and return the whole constitution to its most perfect state. When the corpuscles are in good order there will not be any Dropsy, no matter how slow it goes at first, if one can hold their own—not eat, unless the appetite really demands it. By following these directions, there will be success in a great majority of cases.

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## NERVOUS PROSTRATION.

(NEURASTHENIA.)

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There are two kinds of nervous prostration. Both look alike and act alike; the only difference between them is, that in one there is much depressing of spirits, and the other there is a disposition to take life as cheerfully as possible; while yet under the influence of what is called nervous prostration.

The doctors calls this neurasthenia (or nerve—weakness) and there is very much speculation about it. We have no time to quote any of their foolishness, but will present our readers with what may be termed “the exact English” of the cause and the way to cure both classes.

The first class is caused by a direct poison to the blood. And to begin at the beginning, this poison is what the doctors would call “auto-infection”, and the way it comes about is this, (and this, too, is directly contrary to the ideas of the medicine books):—

When a person commences to take physic, the physic being irritating to the follicles or villi of the mucus coats of the intestines, causes the muscular coats of the intestines to contract and this contraction and irritation sends the material down through the bowels, thus producing what is called a passage of the bowels. When this has been continued for a length of time, say at odd times for two or three or four years, the bowels themselves become

contracted or the diameter of the bowels is smaller than it was before. This smallness of the bowels contracting the mucus membrane, leaves the mucus surface and what is called the basement membrane, in a contracted or small condition. As soon as this has taken place, the food that a person eats is not properly digested and the juice of that food is not taken up by the lacteals in the intestines and a portion of it passes out through the bowels without being absorbed or assimilated and thus the blood corpuscles in the general blood stream do not have a sufficient quantity of nourishment to support themselves nor to enable them to carry materials to repair and keep in order the entire body and especially, the nervous system.

The entire body, of course, suffers as well as the nerves, but as the nerves require a large amount, proportionally, of fat materials, the nerve itself is left without its proper insulating material, or white matter of Schwann, and, therefore, these nerves become irritated. After this irritation has continued for some time, the nerves, highly strung, cannot build anything; the brain is not able to control the sensations that may run over them; and although there may not be any visible disease, the person is said to be in a state of *nervous prostration*. They may even look well on the outside. Their cheeks may be round—possibly some whiter than usual and their eyes may be bright, but they cannot work nor can they set themselves at any steady line of thought, because of this condition of weakness, which the doctors term neurasthenia. Nerve weakness.

Observe, now, that the inside part of the intestines have been clogged up and contracted and what are called lacteals or little open spaces through which the juice of the food passes are shut up and closed up by the action of the physic and poisons—all irritants which have been taken long ago.

The doctor looking on the face, prescribes Bromide of potash or prescribes iron. Morphin, Iron, Arsenic and Strychnin.

A doctor in Philadelphia charged \$50.00 a day to have one of these patients placed in bed with nothing to do and fed five times a day—not even get up for a call of nature, having their mattresses fixed so that they would not have to move at all—and in this condition, with a night nurse and a day nurse, this wonderful doctor had these patients rubbed all over with olive oil from head to foot. After a months' treatment with this oil business, and, of course, rest, and a doctor bill of \$1500.00 and a couple of hundred for his advice, these people went home with a wonderful idea of the doctor's skill. Ten years ago this was quite a fad, but as the

other doctors got on to it and would do the same for \$25.00 a day and some for \$15.00 a day and even down as low as \$10.00 a day, the Philadelphia man has not as many suckers. He has changed to writing novels and serves the devil in another way.

There are many habits that will produce a similar condition. Habitual use of soda water; cigarette smoking; eating candies, made up with strong acids. And it may not seem possible—but we have seen cases—where the family having eaten bread and pastry made up by a sore armed girl produced this condition and had the family full of sores. The girl was discharged and the sores healed up. Anything destroying the nutritive value of the daily food tends to this condition.

The other class of neurasthenia, is caused by quite a different series of actions. From one cause or another, there are drains on the system which take from out the reservoirs of the body, the amount of nutriment and the amount of material that is stored up in the system and thus they rob the entire nervous system, so as to produce almost the same result that was done in the first place by the action of the physic and other irritants.

This last class of neurasthenia patients are usually thin, sometimes stooped over. They always have a weak back; memory not good, a peaked look around the eyes which is indescribable, a dry husky throat; apt to cry easily; dwelling on things that are passed; wrinkled hands and wrinkled feet; or a poverty of flesh on the hands and feet and perhaps around the neck, showing that the nervous system has suffered by being robbed of its material. Their nerves are not insulated properly.

Both these classes may be treated with great benefit in the same manner, to nourish the nerves.

The first class with its contracted intestines and its dried up mucous membrane of the intestines demands a particular line of nutriment and treatment, which is just as necessary for the second class and in both cases the volume of blood is deficient in materials for the nerves. In both instances the material for the nerves being placed in the body is of the first importance. For without this nerve material, we shall never have the nerves in good condition.

The sequel to these cases of nervous prostration, is sometimes very sad. After the deficiency of nerve material has robbed the brain and the brain is in that state where it cannot control itself, we have what is called hysterics, or a depression of mind, that may linger along for a length of time and finally terminate in insanity.

We have known several cases. In plate 25, we give a cut of the organs which are shocked and deprived of circulation when an abortion is committed.

After this act, the smart scientific doctor cures the inside part of the uterus. He takes a little blunt loop and scrapes off very carefully all that he can get off. But, by referring to this plate, it will be seen that there are veins and arteries on the outside part of the uterus which, when the murder was committed, were severely shocked and that blood still remained in those veins and arteries. This dead blood was absorbed, passing into the general circulation as dead material. When, in these cases we have the white cheeks and the intense pallor which usually follows these cases where they have been "scientifically" treated. These veins and arteries do not remove their elasticity and many times they waste away.

In such unfortunate cases, they are not really absorbed, but putrefied in the location where they were. Such a case may run on for some months or even years when, upon some exertion, the oxygen of the atmosphere may be taken either through the surface of the skin or from some nitrogenous materials that may be taken in or from an excess of some carbo-hydrate principle and from causes which would take too long to explain. We have this material set free partially—and then putrefaction sets in. There comes up a little discharge and we have a cancer of the ovary or uterus.

The scientific doctor then completes his work by removing the ovaries and uterus. If the patient gets well, she will be able to walk about without any energy, or, at least, with so little that life will be a burden to her.

### TREATMENT.

In both of these cases the first important treatment is to have the intestines in a soluble, elastic and natural condition. There is nothing so great or so powerful a disintegrator as warm, soft or distilled water. No medicine on earth can compare to the value of water. If it cannot all be taken inside of the system, a large portion can be absorbed by placing a pack around the abdomen and wear it all night. This pack, should always be put on cold with two or four thicknesses of flannel or a good bath towel. The diet should strictly exclude all forms of starch. Some meats may be allowed. Fruits are the best.

Exercise should be in the open air and a portion of the time the patient should be barefooted, going on the ground and getting the magnetism from the earth as much as may be possible.

During all this time in both classes, the laws of cleanness and uncleanness should be strictly followed.

In many cases one to three dessert spoonsful of olive oil may be taken in the morning, mixed with sugar or just as the taste may be. Some benefit may be obtained by rubbing the bowels with oil once a day and if there is any tenderness over the uterus or on either side of the bowels an injection to the bowels after an injection of warm water may be made with one pint of warm sweet oil. This should be taken while the patient is lying down and allowed to remain in the bowels as long as it will. This injection of olive oil to the bowels is more especially useful to those cases that are thin in flesh, where the passages are hard and dry and where there has been tenderness over the lower part of the abdomen.

In case that the person is bloated, with a large liver, and has nervous prostration, the injection of sweet oil will not be as beneficial as an injection of raspberry leaves or bayberry bark or other mild astringents for in many cases the bowels may have been made flabby by a siege of this terrible cathartic, which have been mixed up with belladonna or strychnin or some preparation of opium. Therefore, in all flabby cases and large stomachs or large abdomens, the oil is not so useful as the astringent injection and will not give such immediate benefits as it would to a person who is thin in flesh and who has lost very much in weight. In these persons, the oil may appear as a most marvellous transformer into life. But do not trust to any one article. Put the whole body in the very best of condition.

In nervous children, see to all the personal habits and have the parents look after the habit of self abuse. Forbid it. Look after this sexual drain. The worst cases are those who have the sexual drain. Stop it.

### ORCHITIS.

This is a condition where the scrotum or testicles are swollen up very hard. There may be many causes. One cause may be from mumps. Cold packs, injections to the bowels, time and rest will relieve this painful trouble. It is not at all dangerous and no medicine or drugs should be taken or applied. Remain in a warm bath as long as possible and rinse off in cold water after coming out. Injections to the bowels are a means of relief. Nothing so useful as the cold pack.

### SCALD HEAD.

This disease comes on usually because of obstructions in the capillaries and the scalp if kept ever so clean, fills up with this material, because of its being loose enough to allow these particles

or effete material to be sent there. It will be noticed that persons who have dandruff, scald head are also persons with large lymphatic glands and may have an enlargement of these glands in the groins or under the arms. Such persons should have the daily bath, the injection occasionally, take heed to all the rules of life which are placed under the head of scrofula and if the tongue is coated they should use the alterative syrup at the end of this book. A scald head may be produced by worms in the intestines. At the same time the eyes may have a little matter or be sore and gummy and the eyelashes fall out as if there were wild hairs. We believe that this can be caused from the presence of pin worms in the body who send out their excrement into the general blood stream and the vital force sends it as far to the surface as it may be possible. A dose of worm syrup every other morning, or of worm powder with attention to the laws of life, will soon remedy this annoying condition.

If there has been a history of scrofula in the family all the laws or rules under the head of scrofula should be obeyed.

Washing with the whites of three eggs and mix this with the juice of half a lemon, rinsing off first in warm water and afterwards in cold water, will be found efficacious in many cases.

### IRRITABLE SORES. SUPERFICIAL.

Sores or abraded places which do not seem to heal over on the surface of the skin and are itching and irritable, should be washed clean in an alkaline wash, say of soda, one heaping tablespoonful and two quarts of warm, soft water and well mixed—should be slippery to the touch, but in child's flesh may be made with less soda, so as not to destroy the texture of the skin and then, having washed the places well, anoint with some kind of oil which may be perfumed with two drops of oil of cedar or of peppermint to an ounce of sweet oil. Or, Cotton seed oil can be used with advantage as it often is much cleaner than the so-called olive oil.

In all cases of irritable sores or itching place, where the water seems to ooze out, care should be taken not to have flies or mosquitoes light on the sore places. The flies poison the sores and make them much worse.

This can be remedied by applying the "Tar salve," as the flies will not light where the smell of tar is on. The tar does no real good in the healing, but in keeping away the flies and gnats and germs, is of immense value.

Chigger bites should be treated the same way; but in addition should have coatings of oil rubbed into the flesh where ever there



is any sign of a bite. Chiggers are native to Kansas, Missouri and some parts of Nebraska and also in some of the Middle States. To those who live there constantly, these pests do not seem to be troublesome. But, to strangers they are indeed distressing. Much annoyance can be saved by having the body continually anointed with oil of some kind and wearing the undergarments in such manner as the outside ones will not be soiled or show or take the oil from the skin. Rub the oil after the bathing and see that no "spots" are left on the surface.

A light gauze underwear will be sufficient if it is warm weather and frequent oilings will soon rid ones' self of the bites. Sores which appear to be most troublesome, should be well treated first to the alkaline wash and then to the oil.

Any of the oils most pleasant to the smell, may perfume the oil used and will also add to the efficacy of keeping away the insects.

Keeping away from long grass is important in those persons who are unaccustomed to the country where these pests live.

Red bugs, which are common in some seasons all over the United States, either lay an egg in the skin or poison the skin, or both, until there are great scars and an almost unbearable itching. These may be treated in the same manner.

When the sores are at the wrists and on the hands, care should be taken about wearing the same garment one has worn in weeds or grass, as the garment may have the insects still in the folds of the cloth. Such garment may be placed in a room or small house convenient and smoked with brimstone and tar for three to ten hours with great advantage.

Better have every one of them washed in boiling water, or, if of linen or cotton, boiled thoroughly.

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## ACCIDENTS.

### JARS AND FALLS.

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The most common way of a child having a jar, is from falling from the bed to the floor, or from chair to the floor. In all these cases the first thing is to catch up the child and pacify it with the caresses of its parent. This is all proper because the child has been frightened and the fear has more to do with the crying than the hurt has.

First, see if any bones are broken. If there are bones broken, lay them in the best position you know of and send for doctor. Examine each limb and see if there is any odd shape it can be put

into. Usually, if there is any break in arm or leg it shows directly and by moving it there is crepitus which is a grating sound as one bone rubbing against the other. Then some thing is broken.

Call a surgeon for this. The best man without regard to school of medicine. We would also in all cases of falls, wash any bruised part so it can sooner recover its circulation. If there are no bones broken, then wash the child carefully or the part affected and allow it to rest.

The idea that any one should not be allowed to sleep after it has fallen down or has had any jar to its body is false in every respect.

How was this idea originated?

Because it was formerly the custom to give opium (and this is still the custom among all the poison giving physicians.) and when the opiate has been given after a fall, given to allay the pain as they say and think, then this sleep in connection with the jar, is too much for the child and it sleeps itself to death. Is this the fact?

No. The fact is the opiate has been too much poison and the child is killed by this opiate and the fault is laid on the sleeping and not on the proper agent. The doctors' medicine has killed the child and the doctor desiring to be freed from the saying of truth, tells the afflicted parents that it slept too much.

Sleep is tired Nature's sweet restorer, and nothing is so good for the bruised and weary child that possibly has fallen asleep because it was tired and nervous as the fresh sweet sleep of childhood.

If any part is sprained as the heels, ankles, wrists, fingers, treat it as for sprains. Above all, never call the doctor and allow him to give any medicine or place any poultice on the parts for any reason or she may give. The poultice can do no good and may kill the infant by its stopping circulation in some part of the body.

Walk about the floor with the child in your arms if the fall is not very severe. If it is under ten months and is nursing, then give it the breast. If it is one, two or ten years of age, do not give food but allow it to have a drink of water or buttermilk or lemonade. The more water that is in the system, the sooner it will have the circulation restored and the sooner it will be well. Wash all over very carefully with the hand, every day after a fall has occurred.

If a person has fallen and injured the SPINE, have it rest on the bed, cradle or baby buggy in the easiest position. Do not disturb the child for twelve to fifteen hours. If a grown person, have them rest for five days or longer. Rest—quiet—and cleanliness are the only restorers when the Spine is injured. No medicines.

We saved a child once after a fall of twenty feet by having it

rest quietly and sleep all it would. Wheeling it about and keeping it—easy.

While we were called in consultation with a physician a short time afterwards, who had the patient “walk about.” The patient went into convulsions and died unconscious. Rest in all injuries to the Spine.

The proper preventives of falls is to have a side board on the bed and to prevent at the first, the child from climbing in or around high chairs. You can soon break the child of these habits of climbing, while it is young, if it is taken in time.

We once knew of a very lovely child who fell from a bed where the two parents were sleeping and by some means the mother placed it outside of her and in a few moments the child had dropped to the floor.

There did not seem to be any mark on the child and it never appeared to complain. But it was dead in a few days. Injured internally. If any doubt about the condition of the bowels exists, then give an injection to bowels of warm water and allow the child to nurse and rest afterwards. If the child is older, or has been weaned, the food should be omitted, and no food allowed until the regular time and then no food allowed until the patient asks for the food and indicates that it is really hungry. In all cases of internal jars we are sure this is correct. No food should be allowed to a person who has had a fall until the appetite has returned and the patient demands with audible tone of voice, the food for the stomach. We once saw a man who had fallen or been thrown from a carriage and was brought home insensible. Two or more doctors gave him up to die. They said nothing could be done for the man.

This writer was called. By injections, washing and very mild and harmless drinks, the man rallied so that he was able to get out of bed and have a passage of the bowels; which he did of his own accord.

In this condition, the relatives and friends, especially the good wife, thought and urged that food should be given to sustain the body of the man. The man could not speak. They gave wine to commence on, at some ones' suggestion.

(It is proper to say that at that time, the writer of this article was not so strong-minded as at this day, when he has seen the cases and witnessed the results in both ways of treatment.)

Then they gave oatmeal porridge and in a few hours the man, who had been quietly sleeping before, although still unconscious, passed into stertorous breathing from which he passed away without a struggle.

The writer has always believed and still believes and thinks he knows, that this wine and oat meal killed the man. Why? Because the blood had already been at work in some place calling off or carrying away the particles which had been injured by the fall or the internal bruise.

When the food was given, the blood was called to the stomach to digest the food and the blood was not sufficient to do both things at once and the proper work of the blood corpuscles was stopped for the purposes of digestion and the needs in the body were not for food but to cleanse the body, and this feeding was wrong and soon the body passed under the chemical law and was dead. Never feed after a fall or a jar until the patient demands food.

When the infant has had a fall or a jar, *if the mother is frightened* or has been made nervous by the fear of the child being hurt, *under no circumstances permit the child to nurse until she has fully recovered her presence of mind and is cool and collected again.*

Should she nurse the child while she is in this condition, the chances are that this milk, which is changed by this fear or this shock to her system, will give the child the cramps or possibly, may be a cause of spasms by being in a state of curdle before it is passed into the child's stomach. Allow the child (infant.) to have some sweetened catnip tea with possibly, if the cow is known to be healthy (but not the mixed cow's milk from the dairy.) little milk, or better a small teaspoonful of cream with this catnip infusion.

This will be safer for the child if it cries and worries much.

In case the mother is sensible and finds her child is all right after its accident, she can nurse it in two hours after the fall. But six full hours should elapse before she gives suck to the child, in case she has been frightened by the shock or fear of harm happening to the child.

Should the child appear to have wind on its stomach, give a few teaspoonfuls to half cup or more of anise seed tea made weak, or peppermint tea. This can be sweetened with loaf sugar or with Maple syrup if it is pure. But not too much sweet. Enough so it will be palatable with out being sickening to the child's stomach. This advice to with hold the suck from child will be good in all kinds of accidents to other children and other fears or passions which affect the mother and there by affect the milk for the child. Many a child has been made epileptic by having changed milk from the mother while she was in an excited state. The mother should be well in her mind when she nurses.

### CUTS.

In any kind of accidental cut on the limbs the parts should be brought together and if they will stay together without stitching, they should be bound up in the purest of water. We believe that any cut will heal up under the administration of cold water quicker than any other agent on earth.

If, however, the cut is deep, it may have a stitch in it. You could do this as well as the doctor if you thought so, but if there is a deep cut, it is better for you to call the surgeon.

If no surgeon at hand and the responsibility rests on you, tie a handkerchief tightly about the cut and place the parts as close together as you can and put on absorbent cotton or old, soft cloths and bandage as tightly as is needed to bring the parts together.

When your band is on, you can then turn on pitcher after pitcher of cold water until the hemorrhage is stopped.

### DROWNING.

When a person has been under the water until the water has been forced into the lungs, in the air cells where the air should be and when the lungs, so filled with water, have prevented the blood from becoming aerated, then, when the heart has ceased to beat, the person is said to be drowned.

In case the blood corpuscles are dead, the case is fatal and the person in this condition cannot be resuscitated.

In case the blood corpuscles are not all dead and there is no coagula formed in the heart or in the pulmonary arteries or veins and we can get the blood from the lungs, it stands to reason that we can revive the person so they can live again.

In these cases it depends entirely upon the condition of the blood corpuscles at the time of taking from the water. If these blood corpuscles are in good condition and only the water in the lungs has stopped the action of the heart, then, if we get the water from the lungs, the blood will start again and we can revive the person and life will return as before.

In case of drowning, therefore, the very first thing is to have the water from the lungs.

To this end several methods have been given and some of them very successful.

In a child which can be handled easily and has fallen into a tub or cistern, the best way is to quickly take the child by the heels and gently hang the head down and allow all the water to run from the child's mouth, that will run out of it. Pull out the tongue of the child for a half minute, while he is held up.

Then, laying the child on its back, raise the arms up over its head and make pressure on the chest. All of this should be gently done at once after the child has been recovered from the water.

Turn it over on its face and do the same thing.

Hot blankets should be placed around the child as fast as possible.

Blowing in the mouth is a good idea, if it can be done. But raising the arms and pressing gently on the chest until the air is forced out and then bringing the arms down again with continued turning from one side of the body from the stomach to the back and raising and changing the position of the body in warm blankets is the first thing to do. A fourth teaspoonful of compound tincture of Myrrh to an adult may be turned down the throat.

In an infant of six months five drops in a teaspoon of warm water, which should be warm as could be easily drank and repeated every little while. The object in all of these actions is to have the blood corpuscles preserved in heat as well as possible and then to stimulate the stomach into an action and lastly to have the lungs fill with air. Rubbing the body with cayenne and water is good stimulation. If this can be accomplished, then the heart will force out a little blood into the lungs and the air will come in little gushes and there will be a sigh or a gasp and the rest, if every thing is done gently, will come in due season after the first gasp is taken.

Symptoms of death are the discoloration around the neck and staring eyes with peculiar coldness on the skin. We think it may be asserted that if the blood corpuscles are alive there is a chance of reviving the drowned person. While, if the blood corpuscles are really dead, there is no possibility of restoring life.

Slapping on the back and up and down the spinal column is a good idea. Heated blankets and immediate stimulation to all the body as soon as all liquids are from mouth, lungs and nose are of the first importance. When there is a sigh or a faintest gasp, work gently and the case will recover.

### GAS POISONING.

The first symptom of gas poisoning is shortness of breath. Purple countenance, insensibility. Limp and lifeless condition of body which, if not soon relieved, will continue until the blood corpuscles are all dead for want of pure air. The body is dead when the corpuscles are dead.

If the patient is found while there is life in the body, strip off the clothes so much as may be consistent with the atmosphere at the time and dash cold water up and down the spine.

Open every window or have the person in the air. Give stimulants as of number Six (Compound Tincture of Myrrh) or ginger or cayenne and water. Peppermint will answer if nothing else can be had.

When the person is roused up, care should be taken not to allow too solid food to go into the stomach for some time afterwards. Drink and no solid food for twelve hours after gas inhalation.

The best foods afterwards are fruits. Acid drinks, lemonade, currant jelly water.

During the regaining of strength, there should be daily bathing of the body in cold water. To prevent the effects so far as may be possible, one should live on an elevated place long enough to have the lung cells fully recover the condition of health.

No medicines are so efficacious as pure air and soft, clean water to drink with fruits as food. Avoid all heavy and starchy foods after one has been poisoned with gas or smoke.

All the lung cells, after being gas poisoned, are in a condition where the inner lining is filled with particles of carbon. (Presumably.) To have this out pure air is needed. The acids in the diet will assist this passage out from the system. Long and deep breaths should be taken. Frequent washings of the outside of the body with cold water. Pouring cold water on the body. Cold water applied to the spine.

Inhaling long breaths from hay fields and from the ocean are the best restoratives.

In similar cases, where children have attended these modern built school houses where the excrement is burned up or left to putrefy in the vaults below the school rooms and comes up to go into the nostrils of the children, the proper thing is to take them from school and carry them on to the ocean or on to the mountains. With daily bathing and with fruit diet it is possible to save them. But, in too many instances, after the child has attended these miserable inventions of houses where there is a lack of pure air, there is the hollow chest and the short breathing which shows the child has been poisoned by foul air. All school houses, as we have remarked in a previous chapter, should be ventilated from the bottom of the floor and this ventilation should run directly to the top of the roof. This allows the hot air to rise and forming a draft will carry off the extra carbonic acid gas which is always present where many breathing animals are in a small space. With out such ventilation, there is danger of gas poisoning every day. And children should never be allowed to attend a school house which is

not properly ventilated any more than they should be allowed to play in the fire or round a saw mill.

If parents would go and smell the odors of the school room and witness the places where their children stay in the hours they are at school, they would think more of the childrens' bodies and less of the false and artificial education which is given in those schools.

For, it is a fact, that if one does not have a sound body, they can never have a sound mind. After the children have been kept in these school houses for many years, a certain number of hours out of every day and have slept in rooms with carpets on the floors and ate of food which is improper to nourish their bodies, these children grow up to be men and women who are subjects for insanity and cancer.

### BRUISES

Falling from some height, or receiving a blow from some stick of wood or from the force of a stone being thrown, is often the cause of severe bruises.

Simply falling down from the slippery walk or from a chair is often sufficient to give one a very lasting and painful bruise.

The first idea is to establish a circulation in the part bruised.

To this end the part should be as quickly washed in cold water as it can be. On the face or neck, this rule should always apply. Carry the child to nearest place where there is water and dash the bruised part very freely one or two minutes with cold water. Keep the parts wet as long as there is any pain. Should there be faintness, place the patient in lying down position and apply the cold water over the neck, breast and temples as well as along the spine. This will soon recover the child, if the case is one of faintness. Then see where the bruised place is and have wet compress (after it has received the cold water washing very freely.) And place a wet compress of four or more thicknesses of linen or cotton cloth, folded on the part bruised and then dry cloth over this, the whole to be covered by some band which will go over the whole and keep it in position. Pin snug, and not too tight.

In and about the head, there should be one band around the head or under the chin and pinned to the one going around the head, so as to keep the band in position.

This compress can be changed every time it becomes very warm, or itchy.

In case of a bruised eye, (commonly called a black eye,) in some cases where the idea is to have the marks of the bruise away as fast as possible, it may be best to use warm water on the part affected.



In some cases the warm water will take the black and blue appearance away the soonest. But, in the child, I think the cold water, by producing a shock to the part and bringing fresh blood to the part, is much better and certainly safer in the usual cases than warm water.

Warm water favors bleeding and will not contract the arteries as the cold water will do in a few minutes.

I would advise the immediate use of cold water as stated and believe it to be better than any other remedy whatever.

Bruises from falling treated in this manner will do well in almost every case. With warm water treatment, the patient will get cold and have a fever very much more frequently than if treated with cold water alone.

Bruises of the fingers, the arms, or any part of the body will require some rest if the patient has felt much faintness.

It will be best, in cases of bruises about the ribs or about the bowels, to give an injection to the bowels of warm water and then allow the patient to go to sleep. Water should be given the child freely to drink, as it is water alone that will enable the child to sooner recover its loss of material which the bruise has effected. Bruises about the finger nail, will produce discoloration of the nail after a few days which will appear to grow larger as the time passes. This is natural and if the bruise has been very severe the finger nail itself may be broken and fall off as soon as the attachments are freed from the growth of skin at the root of the nail. Water is the best treatment. Do not place on some salve or "Arnica," "Witch Hazel," or any remedy whatever in the hope or belief that such agents have any curative power in themselves. They have none. The water is far better for the flesh of the bruised one and the one will recover much safer and better under water than anything on earth.

### SWALLOWING THINGS.

Unfortunately there is a class of children who are not very early taught to keep things out of the mouth and as it is natural for a child to place everything in the mouth at first, and when it once gets in the mouth it goes down. These accidents are always occurring.

**SWALLOWING TACKS.** Needles, pins, and tacks are in the same category—all very dangerous to be placed on the inside. Of course, the proper way is not to allow the child to have these things to play with, but after it does have them, or find them and puts them in its mouth, one can sometimes, by opening the mouth

with the thumb and forefinger, rapidly push the forefinger to the back part of the throat and catch this pin or tack before it has entered the throat. A little personal violence and quick action on the part of the mother will sometimes prevent a whole lot of trouble.

If, however, the article has been swallowed, I think the best thing to be administered is a tablespoonful of sweet oil to a child from one to two years old. If the child is large at two years, give two tablespoonfuls. The best sweet oil should be used. It is of no consequence whatever, about what the child thinks of taking it—this being the very best thing to do. Hold the child, stop its nose, and turn the oil down. Make the child swallow it.

If the child is nursing (but no child should nurse after it is nine months old,) it may have the breast after that and might have it every three hours afterwards.

No solid food should be allowed to any child who has swallowed anything.

We believe that for tacks, buttons, car-tickets, grains of corn, beans, the oil is the safest, first thing and afterwards the child may be allowed to have stewed peaches or stewed apples, that are well cooked and these should be given the first meal after the child swallowed the article. Every stool should be watched carefully and rinsed with water until the offending article is passed. Positively no bread, milk, meat, fish, fried cakes or potatoes should be allowed until the article has passed.

A tack may take twenty-four hours. I have known of them coming through in six hours after swallowing. In some cases I have known it to take three days. The oil should be repeated every six hours.

A circular brass car ticket did not pass for nearly two weeks, after it had been swallowed, although the reason for its delay, in my estimation, was on account of the child having eaten very heartily of dumplings and afterward had breakfast food and oat meal. I do not believe that any cereals should be eaten, nor milk, after anything sharp has been swallowed. Stewed fruits, peaches, apples, pears, squash, pumpkin, or anything soft, which will distend the stomach and intestines, is the food to be given after things have been swallowed.

On no account should any castor oil or any other cathartic be given. Do not give physic. The tack or pin should be allowed to find its way through the bowels with the aid of the sweet oil and stewed fruits. Castor oil irritates the bowels and bowels that are irrita-

ted, contract and this is not a safe condition after any article has been swallowed.

Buttons should be treated in the same way. Marbles and pennies are not so dangerous and if the child's bowels are soft, there need be no apprehension with either buttons, marbles or pennies. There has been much apprehension, in regard to the copper of the penny turning to verdigris in the child's intestines and eating a hole through. There need be no fear of this, provided the oil is given. We would advise every family to keep a bottle of sweet-oil in the house for this and other purposes.

Swallowing corn or beans, plum stones and articles of all like nature, can be safely treated the same way. It is certain that the child should not be given any salts or other physic.

If there is any pain in the bowels, give more oil and follow by a composition tea. No regular meal should be eaten until the offending articles have come through the bowels.

Pastry and candies should positively be forbidden.

If from any cause, beans, grains of corn, have lodged in the windpipe, send for the best surgeon, have him open the windpipe and find them. There is no danger in the operation and these articles cannot come up (only in very rare instances) and your child will die unless they are removed. Send for a surgeon and have the operation as soon as possible. There is no fear of the recovery from the cut. Grains of corn or beans in the windpipe will kill the child. Medicine or treatment will not avail. Have them cut out.

### BURNS.

A burn may be from various causes. A child may burn itself on the stove or from fire or from hot water or from steam. These last are called scalds. It can also be scalded by the hot coffee, hot water, or burned by stepping on a hot iron. The best remedy to be applied in all these cases is cold water.

No better remedy is on the earth than cold water applied quickly or place the part affected and keep it in cold water until the pain is out. It may take a few minutes to get it easy, but is perfect and certain. There are numerous remedies given for burns as soda, borax, opiates, iodiform and so on. The remedy used in hospitals is made by taking equal parts of lime water and linseed oil, mixing them together and applied with cloths to all the parts of the burn. We always keep this on hand, but do not think that anything is as good as the cold water. In fact, we know that cold water is the best.

Take one dram of permanganate of potash dissolved in one pint of soft water and apply to any burnt place.

A plaster made of equal parts of Indian meal and syrup applied about the burned place will sometimes give quick relief. Some persons use castor oil. We do not think that this is good.

The general idea about burns and scalds may be best to cover and having sheath for the nerves from being exposed to the atmosphere and whatever will do this quickest is the article to use. In a very long experience having tried very many remedies, including collodion, rotten apples, and perhaps fifty other things at different times in the last forty-one years, I make it a point to place the part in cold water soon as possible and keep the part affected in cold water if it takes twenty-four hours to have it heal up, and I am always sure of quick relief and permanent healing by the use of cold water.

The reader will find that many books advise if a person is burnt to take an active hydragogue cathartic, but the author of this book tells you that you had much better butt your head against a rock or post and see which is the hardest than to give any cathartic or physic whatever to a person that is burnt.

The vital force is trying to heal up the part and the irritation of the twenty-five feet or whatever length may be of the intestines, with a cathartic at any time, is nothing short of stupidity or, let us suppose, softening of the brain.

Scalds may be treated in the same manner as burns.

In the case of a girl where there is a scald on the face, it is better to put on a piece of very soft, clean linen, place the parts in their positions and not remove the cloths, but let her lie down and turn water continually on the cloth and keep it wet. Soft water is best and this wetting of the surface of the skin will prevent much scar from forming. Burns of the eyes are best treated with water and under no circumstances should any water be warm and above all things, do not allow any opium or iodine to be applied anywhere near the eye or on the face of any child where a scar would be visible. In fact, keep the opiates, laudanum and all patent medicine away from your child.

Burns in the mouth can have the fire taken out of them by letting the patient hold a mouth full of cold water and emptying it as soon as it gets warm. Ice-water is not advised as it prevents the natural healing of the part.

The wife of a very eminent professor is totally blind from applying Iodoform and an opiate to her cheeks while she was burned from the ashes flying out of the stove door.

She would have saved her eyes if she had used cold water and

cold water would have relieved all pains in a short time if perseveringly applied.

### BITES OF INSECTS.

Insects' bites, as bees, wasps, hornets, mosquitoes, fleas, deer flies should, if possible, be bathed with some strong alkaline, which destroys any larvae and also neutralizes the poison, which may come from their bites.

It is accepted as a fact that mosquitoes may deposit spores under the skin. And, of course, to kill these spores the first thing to use is a strong alkali wash. This may be a teaspoonful bi-carbonate of soda in a teacupful of water and wash the parts very freely, or a hand full of ashes tied up in a bit of cloth and allowed to soak in a pint of soft water for a few minutes, will make a very effectual wash.

In the bites of hornets, bees, wasps, scorpions it is also accepted that they leave their sting in the flesh. The sting can be dissolved by this alkali wash. It should be kept on continually until the pain is gone. Should the parts swell much, a poultice may be made of powdered elm bark two parts and lobelia seed powdered one part, mixed up with cold water and applied fresh every hour or two as long as there is any swelling.

For the bites of mosquitoes, the alkali wash is preferable to anything.

For bites of red bugs or the small grass flies that inhabit the South and which make a very annoying scab, wash with alkali and cover with oil. One can prevent the bites of these red bugs in a great measure by oiling the limbs and body before they go out and then keep from exposing themselves to the tall grass. After they have been bitten by looking at the place, one sees a very small red body. This is the bug, already filled with blood. Apply oil or fresh butter to this part and take a sharp knife and scrape the bug off the skin. This will prevent the poison of the bug from infecting the surrounding area of flesh.

For the bites of the scorpion, we advise the mother or father to immediately place the mouth to the wound and suck it out. This can be readily done on the body of their own child and we are not advising it as a professional proceeding.

The reason why natives of Europe and Arabia, are in the habit of anointing themselves and keeping the body greased, is on account of the bites of these insects and persons who travel in these warm countries are advised to supply themselves with changes of linen and to oil their bodies every day. No person should think of going into a section where they will be bitten by mosquitoes or

flies without providing themselves with netting or with means of protection against these insects. There is no doubt that many cases of infantile paralysis come, because of the result of exposure to parasites.

The following remedies may be placed in order, to keep in the house, against these accidents of children.

It may be noticed that in this advice no allusion is made to different kinds of applications that are sold under the head of family medicines. It is a good rule to use no article unless you know the ingredients of that article.

Especially in these days, when the most virulent poisons are considered the best medicines. We have known paralysis and blindness to come from using a belladonna plaster on the back and chest and we advise against the use of those articles that contain any poison whatever.

The following list will be sufficient in almost any family.

1. Bath the parts in strong tincture of lobelia.
2. Make a very strong soda water, by putting a heaping tablespoonful of soda, in a cup of boiling water and as soon as it is cool, wash the parts and keep them wet until the pain is gone.
3. Use a strong water of ammonia.
4. One of the best of all remedies to keep in the house is the Origanum liniment.

Take eight ounces of pure oil of origanum and dissolve it in eight ounces of camphor gum. Shake before using.

When this is well dissolved, add eight ounces of pure olive oil. The oil of origanum must be pure or it will not dissolve the gum camphor. The camphor must be clean. This is termed the Origanum Liniment, and is one of the safest articles to apply to any inflamed spot of the skin, the cause of which you do not know. It allays itching in case of bed bug or grass bug or chintz bug bites.

5. The common plantain leaves are used by first expressing the juice, and then applying it. If this remedy is the only one at hand, let some one chew up the plantain leaves and apply the juice from the mouth. Or, bruise them and apply when softened.

6. Heat half a pint of whiskey and when it is hot, put in two tablespoonsful of sulphur. As soon as it is melted take it off the stove and let it cool. When cool it can be applied to any bee, wasp, hornet or scorpion sting.

7. Take a heaping teaspoonful of gunpowder and same quantity of common salt, place them in a cup and just moisten them with good vinegar. This is good to apply to any insect bite.

8. A poultice of equal parts of lobelia and slippery elm is an ex-

cellent remedy where the parts have been scratched or wounded. Mix up with cold water and renew when it feels warm or itching every two hours. Do not let it go over six hours without placing on a new one.

### SNAKE BITES.

Sitting in his easy chair at Philadelphia, Pa., Dr. Weir Mitchel "does not think the bite of a rattlesnake as universally fatal as popularly believed." Probably Mr. Mitchell is right as to Philadelphia, Pa.

But when it comes to our Western States, Weir Mitchell does not know where he is at. The rattle snake is a deadly biter. His venom is enough to soon quench all the fires of life.

And for this trouble, they do not have any bug, cocci or bacillus to offer. It is a poison so pure and simple that the only thing they have to grasp at, is to use strychnin in large doses "when unmistakable symptoms are perceptible."

Then again, our allopathic outfit do not want any one to "give alcohols except under the direction of a medical man." Well, we rather trust any backwoodsman or any trapper or any old woman who has lived a year on the prairies than to have any medical man about.

As soon as one is bitten something must be done and then is the time to do it. We will give what we know, stating that what we have seen, we know, and what we have not seen, we give as being from various sources.

### TREATMENT.

1. Put the mouth down to the place and suck every particle of the poison out at once. Suck and spit it out. It will take five and may be twenty minutes to get the place soft by sucking.

Wash the place with the strongest soda and water that can go on or apply soda itself to the wound and give whiskey to drink inside, all they can take.

As soon as washed, apply a poultice of elm and lobelia (ground) wet up with cold weak lye. Change every hour as long as there is any discoloration there.

2. Tie the leg or part up and cut out the wound as much as you can without sacrificing any tendon or leader and apply the cautery, (Red hot iron.) This is from hear say. We should not do it.

3. As soon as possible cut a chicken or a cat or any live animal open and take half of it and apply to the spot. In half an hour, apply the other part to the place. Give at same time, all the whiskey that can go into the body. If an adult, although he may not be used to tasting whiskey, one person can drink three pints of it. It

may be somewhat diluted with water for one unused to it. But a better effect is to give it clear if it can be swallowed.

As soon as the poison has somewhat passed off, drink an ounce of sweet oil and repeat the taking of this oil every day for six days.

I saw in Louisiana, some years since, a lad of ten who had been bitten by a venomous snake (copper head or moccasin) and the Creole mother immediately placed a rice poultice on the wound and kept changing it every half hour. The boy lived. He had also taken some whiskey inside. The rice was boiled and made fit to eat and placed on the wound as hot as he could bear it.

The fact is, that about the venom of snakes we know nothing. It is something that destroys the materials (blood corpuscles) where it touches and drives out the vital force as fast as it comes in contact with it. It seems to progress in activity the longer it is in the body and therefore the more stimulant we have in the system the more resistance we have from the venom. And this is positively the only use we ever saw for whiskey. If stimulants are needed, we think there are others that might be used. But we have had no experience. We should use the living animals because we know this is all right. And the whiskey.

We most assuredly would not allow any one to apply strychnin in any form, to any body of ours. We do not believe in fetiches as much as that, to place in one poison to counteract another poison. There is neither reason, good sense nor any philosophy in this. And, so far as we have studied, there is no sense in anything allopathic or "regular," except that they want all the earth and the people as their foot stool and they have neither brains nor actual knowledge, to have anyone bow down to them.

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## PARALYSIS.

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Before we commence on the subject of paralysis, we desire to say that, so far as we know, there has been no real explanation of the conditions of paralysis, and until the writer discovered the laws of Protoplasm, we do not think that there ever was any understanding of the proper and correct causes of paralysis.

The laws of Protoplasm, which commences at the beginning in the little blood corpuscles of the body and ascribes to each an office of intelligence under the supervision of the vital force, is the only real explanation that has ever been given to the thinking world as to the causes of many kinds of diseases. Of course, there are very many people who consider that the human body is an article



too sacred to even be washed. If they have a child they want to put that child in a glass case and keep it from knowing anything of the laws of life.

All these subjects to such people are placed in the back ground and very far in the back ground, so far that when one makes an allusion to health they hold up their lily white hands and shoo you out of their house.

Even an allusion to the human body, in their mind, brings the whole thing up as something that should be right away carried out and dumped on the manure pile, out of sight and out of hearing. We have been acquainted with these families. We have given them advice. And we have had to do it with kid gloves on, as it were. They will take a little advice from a very well dressed and sedate, respectable doctor, whereas they do not have a particle of sense in any book in their house nor even the mention of things if they could help it, in one of the newspapers or magazines, which grace their tables. They are nice. But they become very unhealthy in this life.

We are all subjects of law. Unless we make ourselves familiar with these laws and obey the laws, we suffer the penalty for disobedience. These penalties are sickness, disease and death.

Every parent should educate the child to understand the laws of the body in early youth. If this were the custom we should not have paralysis.

The subject of paralysis to the doctor is a subject of blindness and ignorance. They have made a subject of study, the body after death from paralysis and could give us the results, the anatomical lesions and pathological conditions, but they cannot, or have not, ever told us of the causes that lead up to paralysis. And paralysis has many forms. When the lower part of the body is paralyzed, it is called paraplegia. This is where the legs and the lower part of the body are no longer under the control of the mind. The intelligence cannot control them.

When the body, one half of it, left or right side, is paralyzed, it is hemi-plegia, or half paralysis. There is paralysis of the tongue, paralysis of the base of the brain, paralysis of the hand and fingers which is called writers' paralysis; paralysis of the bladder, the rectum and there may be paralysis of almost any organ of the body.

For the common mind to take in the cause of paralysis, let us make a supposition. Suppose that one had a central telephone office, with wires and poles, sent out all over the country, to the remotest parts. That these wires were all properly insulated and

the instruments in perfect order. It will be seen as long as we have perfect connection with the wires—these wires and insulators—and the instruments are in good order, that we shall have perfect hearing capacity in every portion of that country. If there is a wire blown down or cuts across some other wire, we shall have imperfect telephonic communications,—something will prevent us from hearing good. If the wires are cut any place, we will know immediately that we shall have no communication over this wire, only to the end of the broken wire. If the instruments are not in good order, we may be sure that we will not have any communication with our correspondent.

The brain is the center of telephonic communication with every portion of the body. There are little places or little bodies up and down the spine and in fact all over the body and inside the heart that are called ganglions. These ganglions may be single—in which they are called unipolar, or only one pole, or bipolar, in which cases there are two places or nerves sent out and nourished from its little body. All nerves are made up in the same general manner. That is, the inside is the nerve, the next outside is the white matter of Schwann or the layer of fat which insulates the nerve and outside of that is the covering or what is called the membranous investiture, which means a covering on the outside of the nerve.

Fig. 96.

Scheme of the general make up of the nerves.



- A. Body of the nerve, as a whole.
- B. The nerve itself, over which all messages are transmitted.
- C. The WHITE MATTER OF SCHWANN, which is an oily substance, used (supposedly) for the purpose of insulating the nerve, from contact with any thing else.

Now, it is readily seen that if the insulating material, or OIL is all right in the system, we shall have a good insulating material around the nerve; and if the OIL is not right, we shall not have a good insulating material.

Again, if we eat too much starch, and do not have enough acid to change the starch into sugar, we shall have the starch unchanged and, in these cases the nerves are not properly insulated.

Tobacco, tea, sexual drains, excess of starch are all opposed to having proper insulation of the nerves. When the time comes that this material (white matter of Schwann) does not insulate the nerve proper and we have the nerve exposed—then comes NERVOUS PROSTRATION.

When this matter is chilled and sticks, we have PARALYSIS.

Now, we advise any nervous person to cut this leaf right out of the book. It is no good to them in the world, but we also advise every person who is a Christian to read this over very carefully

because of this, God has spoken by his Prophet Daniel and God said, "The wicked shall not understand." In a very short space after that, only a few words intervening, God has spoken by the same prophet, "The wise shall understand."

The first great cause of paralysis, to commence at it in any easy way, is hard water. The second great cause in these modern days and especially during the last fifty years is the indiscriminate eating of baking powder and soda, which are powerful alkalis that go into the system. Third cause is the excessive use of starch food. Fourth, the absence of proper oil, which is necessary to repair the white matter of Schwann or to furnish material for this insulating matter, which is just outside the nerve and inside the covering.

These are the great underlying causes of paralysis, to which may be added the habit of using mineral medicine, which destroys the material which is the outside part of the corpuscle and also destroys the entire digestive apparatus from its power of properly digesting food.

The main cause of paralysis may be as follows:—

There is in the body, both male and female, two great reservoirs of mucous—nourishment, oil, or stored up material, which is in the reservoirs in the body ready to pass out or furnish nutriment for all the entire nervous tissues. Beside this, these reservoirs furnish supplies to the brain matter. We do not know how or where it is or may be necessary for these supplies to be carried, but we do know that when there are any calls for these nervous supplies of material, if these reservoirs are full, the whole body will be supplied from these reservoirs but, if these reservoirs are empty, this supply can certainly not be supplied or furnished and then commences the decay or the inanition of the nervous system and of the brain: and if the requisition for this material is kept up, we shall find a time come when not being able to supply this nervous material, the nervous material becomes poor and weak.

The nerves themselves become impoverished, or the white matter of Schwann or the fat material that insulates the nerve and its covering or membraneous investiture is gone away and the nerve itself is brought in contact with, or partial contact, with this outside covering—because we do not have insulating material enough there and we have what is known as hysteries, or excessive nervousness, and farther on, by just a little step, we have what is called nervous prostration.

Now, in addition to this, if we have hard water and an excess of starch so that these ganglions are stopped up anywhere—and the

corpuscles of the blood are weak from any cause and the ganglions have been supplied or have been surrounded by blood which has been made up principally of starch, we come to a place where the body lies down at night with all the starchy liquid, warm and flowing serenely, all over the body.

A cold may come in the night.

This cold kills some of the corpuscles which are very weak from excess of starch and lack of oil. They die.

In addition, we have the starch which has been liquid to become thicker from this cold and, presto, we have the starch, chilled around the ganglions of the nerves. Whether the membranous investiture has any muscular striata or not, will not matter, because we know that what is termed the muscular sheath—through which passes the arteries, veins, and nerves we say, we know that this muscular sheath is liable to be contracted and when this starch has clogged up this muscle or this arterial coat—we have the excess of starch on the ganglions or on the nervous system and we have the weakened condition of the nerve which lacks oil to surround the nerves proper, then, we say, when the cold comes, presto there is no longer any communication between the brain and the feet or the hands, or between the brain and some other portion of the body, which may be deprived of its telephonic communications because there is an obstruction of starch, now deadened, cold and thick, and the brain cannot send messages through these dead, cold, or chilled or stuck up or starchified nerve ganglions, and we then have what is called a stroke of paralysis.

It seems as if it came quickly and the poor victim thinks it came quickly; thinks that he was all right yesterday, but today he is all wrong. But we say, that it has not come on quickly. There has simply been a culmination of what has been approached for months and even years. It seems as if sudden, but the person prepares the body for this very condition years ahead.

A person may continually take physic for a number of years and produce this condition that we have described. Together with all the refuse which may be seen if the reader will take time to read our explanation of appendicitis. Then we have all conditions of quick paralysis which may be termed a stroke of paralysis.

But, there is another kind of paralysis. That which comes on gradually is very much more difficult to cure.

The kind that is not cured unless the person has good sense and can control their appetites and habits.

Now, we will return to the reservoirs that are in the body.

In the man this reservoir is beneath the bladder and is called the

seminal vessels. And, to make a long story short, because we know we shall offend the most fastidious of our eastern readers, especially, we state that the loss of this semen, or the drain on the sexual apparatus in the man is one of the greatest and principal causes for paralysis. We have explained this loss elsewhere and we state most positively that a man should keep from losing his seed or having any drain upon his system, except at such times as he desires children.

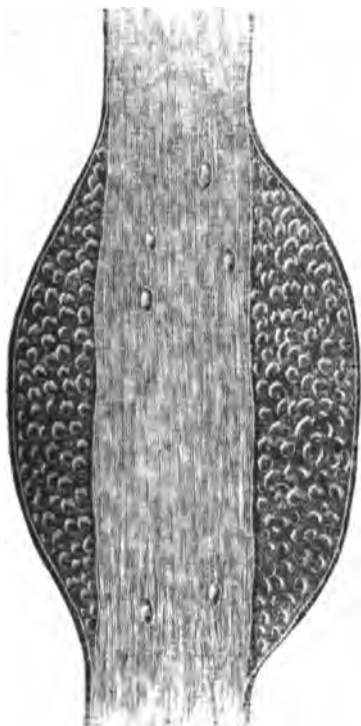


Fig. 97.

Magnified view (schematic) of a spinal ganglion.

So far as we have been able to read, no anatomist or physiologist has been able to explain WHY a ganglion is present on the nerves.

By analogy, we conclude that every ganglion is a STORE HOUSE or a reservoir for supplies to the nerves.

If this is true, we can readily explain why sexual drains and general uncleanness precede or go before the incurable cases of paralysis.

And this also explains why it is that a man or woman who has led a virtuous life, but has eaten largely of Irish potatoes, oatmeal and bread, (excesses of starch food) could have a complete case of paralysis from being chilled in the water or prolonged exposure. These persons are readily cured of their paralysis. While the one with a history of impurity and sexual indulgence, remains a hopeless paralytic.

The gratification of the passions at the expense of the nervous system is the basic cause of the paralysis all over the country.

The woman does not have any, as we have already explained, true semen. She has the mucus stored up inside her uterus for twenty-four days out of the month and—it does not matter whether she is married or is not married, if this drain is on her from any cause, she may depend on it that sooner or later, paralysis will come to her.

We do not have to make a bill of particulars for our readers to understand this, but we state in the most positive manner that the woman not being properly taken care of and not allowed to cleanse her own body at the time of her purification and having this material kept in the body, is the great basic cause of all the paralysis in women.

We have not space or inclination to go into details on this matter because we have said enough, but this clogging of the nerves and of the nerve ganglions by obstruction, and having the oil drained from the nervous system brings paralysis to the body.

If the laws had been kept there never would have been any paralysis, but as the laws are not kept, we have thousands upon thousands of cases of paralysis and other obstructions which are handed down to the third and fourth generations of them that hateth me, saith the Lord of Hosts.

If we consider what has already been passed in to this body which has had the "stroke of paralysis," we shall see what we have to do.

We have a body, in which we have an excess of starch:—have a lack of oil:—have a set of nervous ganglions where we cannot get any message through to the extremities because these ganglions are filled with these old starchy atoms and possibly some dead blood corpuscles as well and we have all the body weakened from the habits of life and the lack of proper nourishment all over the body. These are the conditions which we have to take up and to overcome when we take hold of any case of paralysis.

The cases of paralysis where they have a history of cold, and possibly of starch food, without any history of sexual weakness will be much easier handled and the cure will come to them much quicker than to those who have nothing but a history of debauchery behind them.

And those unfortunates who have had syphilis, and regular mercurial treatment, with all that this implies, when we come to the curative treatment are among the worst, if not the very worst who come under our care as paralytics.

When we undertake to cure a case where there is a history of mercurial treatments preceding the case, we may be sure that we are going to have a very long siege of the case before we have the case well and cured. These considerations will be necessary for us to examine before we promise any thing like a cure. We assert that when we have the case with a history of cold, and excess of starch food, we may have an easy case, while if we have the history of sexual drains going before it, we will have every kind of trouble before we are through with it.

There are two other conditions where we will find the cases are fastened like iron on the system of paralysis.

First the tobacco user: next the drinker of tea. Why these two articles have the most pernicious effect on the nervous system is not so hard to see. Both of these articles are alkalies and destroy

the acid in the blood in all parts of the body besides destroying all the white matter of Schwann, which is the oil that insulates the whole system of nervous tissue in the body.

Nothing besides the direct and exhaustive sexual drain will have the detrimental effect on the system that tobacco and drinking the tea from China exerts.

#### TREATMENT.

The first step in regard to the treatment of paralysis is to eliminate these old materials out of the body—no matter what they are. And to do this, packs, and in some cases, steam baths daily baths, rubbing, injections and emetics are necessary. To lay down a hard and fast rule for every person is impossible. For old cases provided they have not had syphilis or mercury, the cold packs all over, are the best means of commencing to eliminate the old material from the body. In case there has been syphilis and a history of mercurial treatment the packs should be used very cautiously. Steam baths should not be used until an emetic can be given directly afterwards, and this should be made thorough in every respect. No half measure will do in the case of paralysis. In case of paraplegia, the person should be placed on the ground barefooted as much as possible.

In case of hemiplegia, the arm should be rested from hanging and pulling on the joint and exercise with showers of cold water, should be at least four times a day, until the use is regained.

Paralysis of the bladder is very grave and the prognosis should be very guarded. It indicates that there is trouble or an obstruction along the spinal column. If the bladder is paralyzed with a history of syphilis and mercury behind it, the case requires longer time and will not rapidly grow better.

In the case of a woman whose life has been dissolute, with a history of morphin or cocain and partial paralysis of the bowels as well we cannot expect much of any improvement. Some improvement may be made in these cases, by a thorough emetic and strict diet of fruits and nuts, but where the nerves have been decayed, there is not much room for anything more than amelioration of the symptoms. These cases are drained of their oil.

In case of paralysis of the tongue and paralysis of the lips or speech, these cases are usually stubborn.

We may assist them some but they run about two years and these cases are usually fatal. For, although, there are really no positive assurances of the fact and we cannot cut the man's head open to make a sure thing of it, yet from what we have seen, we believe that there is a disorganization in the case of the brain which

affects the nerves running there and there is a disorganization along some of the gray matter in the brain. This, of course, is supposition. But I have never seen a case of paralysis of the tongue or paralysis of the upper jaw or lip wholly recover. They may die with something else, but they die just the same and they die before they are cured of paralysis of the upper lip or tongue.

Paralysis of one side of the face may be cured by constitutional methods. Usually this is a local matter from starch food and cold.

Spice bitters and peppermint, equal parts, make the best diet drink in the majority of these patients. Any of the special mixtures may be taken and the treatments, that is, injections, emetics and baths and packs, may be used as often as the case will bear.

Nothing will compensate for the lack of the best kind of air. And this should be had night and day. Turning water on the shoulder in the case of paralyzed arms or turning a pitcher of water on the hip while the person sits in a bath tub or in some place where the water will be a benefit. In case one leg is paralyzed turn a pitcher of cold water over it night and morning.

Slapping and rubbing the back are very good methods of getting the blood into circulation, but I believe slapping and rubbing injures the person who does it. I think it takes away the vitality of the person who wears out their strength upon the sick person. They, apparently lose their vitality and become mentally depressed.

Paralysis of the foot or knee or of one limb can be radically cured and many cases of total paralysis are very easily cured when there is no disorganization of the spinal column.

The diet in all these cases should be fruit and nuts. All kinds of bread, oatmeal and the cereals should be totally prohibited. No tea, coffee, chocolate, or warm drink should be allowed, and in fact no drink whatever should be allowed during the time of eating. In case of paralysis of all kinds, it is very important to have the food chewed up well, and therefore, one of the necessary things in any class of paralysis is to have good teeth. If they cannot chew nuts and cannot chew their food up, find out if they are handicapped in the way of poor teeth. Have new plates of black rubber or of gold.

The bowels should be regulated by means of a syringe. No physic on any pretense. An injection may be made of bayberry and hemlock with catnip or smart weed. A pill made of gentian extract rolled out in cayenne will be found an excellent article in all cases of paralysis. A lobelia pill at bedtime, if the pulse is tense or hard and full. Follow all the diet list in scrofula.

Sleep alone, head to the north, with all that this implies.

Every day taking exercise will give a good night's sleep and



where there is sleeplessness or where the person is very nervous, apt to cry, such persons should have sculcap, lady slipper, or prickly ash. These are all good.

Where the speech is gone in cases of paralysis, use a gentle stimulant and do not do any thing in the way of treatment, unless with mild injections to the bowels. The chances are that you cannot cure it. Where there are black sores on the legs—or dizzy spells, everything black before the eyes, they are usually fatal in a short time.

### LOCK-JAW.

#### TRISMUS. TETANUS.

As usual, the "regular" has this as the product of a "bug."

No germ has anything to do with this condition, which is always caused by some wound being in some part of the body and the wound, becoming putrefied, is loose enough to allow some of the matter to be absorbed; and when this poison and putrefied matter is taken up and returned to the heart, the muscles have the poisoned material sent out to them and the head feels it under the jaws which become stiffened. Then the patient may have a pain in the breast or some where else. And then we have "Lock-Jaw," because the nerves and sheaths are poisoned with this matter from the putrefactive wound. They will not and cannot relax, because the vital force inside of the little diamonds has already gone into these little squares and is "already housed, frightened and contracted." And the whole body soon goes under one of the worst convulsions that any one ever saw and usually the patient dies in one of these convulsions.

### TREATMENT.

Before any one has the convulsion, that is, when you think you have a wound where there is any danger of a convulsion, or where ever you may think there is any danger from the spasm, give the injection daily and be careful about all kinds of food.

Then, the first thing, even before there is any complaint about swallowing, give an injection and next give an emetic. If the person cannot take the teas, give some stimulant and then give a composition and lobelia injection to the bowels. Repeat this until you have copious vomiting. Commence the treatment as soon as the patient comes under your care. But, at once, in case of any wounds, have everything scrupulously clean.

Do not allow any kind of meats eaten nor any milk drank where there are any wounds.

In case of the baby, where it may have tetanus from the cord

coming off, see to the child from the moment it is born and wash it your self if you do not think it is kept clean enough.

Do not have any old clothing placed on the child if it is in a bad way, on account of air, water, shade or surroundings. Drinking milk is a very bad habit when any patient has wounds. The milk does not favor the wound healing as quickly as it should and will be found to be a very detrimental article to all patients who have been injured in any way. It assists in coagulating the blood and hastening the contraction of all the muscles in the body.

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## FARCY.

### GLANDERS OR EQUINIA.

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During a very long practice, I have not seen more than a half dozen cases.

It commences where one has been bitten by a horse, or where a horse with the glanders has slobbered on a hand or other portion of the body where there was a sore or abraded place.

It swells up very fast. Appears red, angry and soon breaks down. The arm if the hand is bitten—or the leg—if the feet have caught it—swell until the glands of the arm or groin are ready to burst open. There is a smell of rotten flesh—and as if something decayed was in the nostrils.

“The “regular” school know of no remedies. Before this disease, they are powerless. They cannot spay the patient, nor can they kill the bug. Therefore they isolate the man and declare that the “cocci” shall not breed any more. And the man under “regular” treatment dies. Under protoplasmy there is every chance of recovery.

### TREATMENT.

Place poultice enough to envelope the limb—of lobelia herb ground with sufficient elm to make a mushy poultice mixed up with cold, distilled water. Give large injection to the bowels. Steam the man moderately until he is in a fine perspiration. Take him out and rinse off in cold water. Renew the poultice.

Give thorough emetic, renew the poultice, washing off in cool, alkaline wash. Allow sleep. Fruits as food, but no food unless demanded. All the drink wanted. Repeat this treatment every day and every twelve hours if needed and you will soon cure the Farcy or Glanders.

No solid food for five days from the time the swelling has gone down.

# HYDROPHOBIA.

BY CHAS. H. SHEPHARD, M. D.

[We reproduce the following essay, which is the most exhaustive article that has ever been printed by any member of American Medical Association.

It is an anomaly. The writer does not quote a poison once. It is right along the lines of sanative medicines—and correct thought. A matter of history and truth.]

We are still confronted with contradictory theories and strange anomalies, which are only to be explained from the vantage ground of one who realizes that disease is not an entity, but rather a remedial effort, and that relief comes only by our ability to recognize and assist the vital forces in their inevitable conflict with all foreign material.

Although hydrophobia is one of the rarest and most fatal of acute, infectious diseases, and is produced only by inoculation of a specific animal poison, which manifests itself by symptoms due to a disturbance of the central nervous system, it is mitigated by the more important fact that the period of incubation is longer than that of any other acute specific disease. This period is variable, rarely less than a month, in some cases reaching nine or twelve months, the average being six or seven weeks, which gives opportunity for remedial measures, that as we will endeavor to show, are ample to eradicate the poison.

The etiology of hydrophobia is so well known that it needs but a few words of description; mainly coming from the saliva of dogs, rarely from cats or other animals, it is a well recognized fact that the disease never originates in the human species. Its spontaneous origin is confined to the lower animals that do not perspire. The investigations of scientists all over the world have as yet failed to determine the true cause of this terrible malady, although the fact seems to be well settled, that the disease occurs much more frequently among the male than among the female dogs or other animals. Inoculation may arise from a bite, scratch, or from a lick upon an abrasion. Instances have been given where the disease came from the lick of a dog that was not mad.

A puzzling case occurred some years ago in England. A boy fourteen years of age, while playing with a scotch terrier, was bitten slightly on the hand. Three weeks later he became ill and died in terrible convulsions. The physicians pronounced it a genuine case of hydrophobia, but a girl who had been bitten by the same dog appeared to have suffered no harm, and, more remarkable still, the dog was examined by a competent veterinary surgeon, and pronounced perfectly healthy. Such cases are not uncommon.

When preventive measures are adopted as soon as possible, the larger number of persons escape. Children are the greatest sufferers, from being helpless and more exposed, and their cases are not open to the charge of simulated or spurious disease, and at the same time they are a complete refutation of the theory held by some authorities that there is no such disease.

The fact that during the period of incubation there are commonly no symptoms, is liable to lead to a sense of false security. But that is the time to adopt vigorous measures of prevention. Occasionally there is pain or discomfort at the seat of the wound, and sometime mental depression, which may arise from anxiety regarding possible consequences. Even the onset of the disease is rarely attended by pain or inflammation in the wound. The first evidence of the impending disorder is usually mental depression, disturbed sleep, discomfort about the throat, with difficulty in swallowing

liquids; even the attempt occasions spasms, which soon involves the muscles of respiration. The intensity of all these symptoms increase within a few hours, until the mere sight of water will cause a spasm. The reason is frequently lost, and the end from exhaustion is assured in from one to six or eight days.

The varieties in this disease are as great as in any other, because each case is modified by the condition of the system, and the vital reactive powers of the individual.

If there is a prospect of relief from the horrors of hydrophobia, this relief may well claim our earnest attention. It is well known that from the bite of a rabid dog there is a period varying from seven days to six months, before the more acute symptoms manifest themselves. This gives ample time to eliminate the poison from the system. In "Todd's Clinical Lectures," occurs this passage, "Large evacuations by sweating may be employed more freely with less disadvantage to patients, than by any other secretion." This is also demonstrated by the fact that many diseases are daily being cured by some form of sweating bath, and that physicians are more and more using that form of treatment. In China, and other countries, as well as our own, sweating has been successfully used in the elimination of malarial poison. Another proof is that in some Eastern countries the sweating bath is used to cure the poison of snake bite, which is much more rapid in its action than the poison from the saliva from a rabid dog. It will also readily be seen that treating this malady from the outset is a very different thing from waiting until the poison has become absorbed and permeated the whole system, and the paroxysms have set in, when in truth there is little hope of cure under any treatment.

Hydrophobia belongs to that large class designated as ferment diseases, which depend upon the introduction and development in the system of ferment germs. Enteric fever and erysipelas are familiar examples. Simple absorption has sufficed to inoculate the patient, but in the majority of instances the skin receives more or less abrasion, and the germs are either implanted in the epithelium beneath, or introduced directly into the circulation. The abrasion may heal kindly, but in a varying time, depends upon many factors, an irritation at the seat of the abrasion, accompanied with darting pains, announces the onset. Unlike other diseases, the blood appears not to be a good soil for the development of the germs, which however circulate with it until they find the soil, or tissue, best adapted to them, and then the havoc begins. In the dog and the man, the three pairs of salivary glands, the parotid, submaxillary, and sublingual, appear to furnish the required conditions, and to be the main seat of the lesion. The congestion of the nervous centers that so directly ensue, is probably consequent upon changes in the structure of these glands. Every physician knows well how speedily severe nervous symptoms follow such changes, how intimate the sympathy is between the glandular organs of the mouth and throat and the nervous centers at the base of the brain, and what violent hysteriform seizures often ensue in such cases. With the involution of the great respiratory tract of the nervous system come difficult respiration and its train of associated symptoms. At the same time it is more than probable that the nervous system suffers from the more direct poisoning caused by the presence of germs in the circulation, but not because they are a specific nerve poison, for when a full dissection is performed, no evidence of it is found in the nerve centers, and this excludes the nerve poison hypothesis.

In the McCormick case, as reported by Dr. Hammond, June, 1874, microscopic examination revealed disease of the cortical substance of the brain, disease of the medulla oblongata, and disease of the spinal cord, also disease of the pneumogastric and hypoglossal nerves. The nerve elements were broken down and oil had taken their place, and this has been found the general direction of the disease, with slight modifications in different cases. Fatty degeneration of the nerve substance was a marked symptom.

The question quickly arises, what best can be done to arrest the action of this poison? Nature does everything possible by arousing every emunctory to action and, as in all cases of poison or morbid matter in the system, the leucocytes are called upon for their most vigorous action to relieve the patient. It is claimed that immediate suction of the wound has saved many patients. Good authorities believe that the

virus remains localized, for a time, in the cicatrix, and that cutting it out even after the original wound has healed, may serve to avert the disease.

To diminish the production of rabies in the dog, Fleming, one of the most distinguished veterinary surgeons, recommended that dogs should be muzzled, except in times when the disease is epidemic, that they should be placed under good hygienic conditions with a heavy tax upon every animal, and that all vagrant dogs should be killed. It is claimed by some, among them Fleming, that rabies has spontaneously originated in the dog, in consequence of exposure to extreme of heat and cold, ungratified sexual excitement, maltreatment, insufficient food, etc. Roucher, another authority, also maintained the same idea.

Opposed to this is a long array of eminent authorities who claim that rabies does not originate in the dog otherwise than by inoculation with the virus of a rabietic animal.

In the pathologic anatomy of the disease we are also involved in a mass of contradictions. Careful microscopic examinations of the brain and spinal cord, by medical experts, have been attended with entirely negative results. In some few cases there was found fatty degeneration of the nerve-cells, notably that published by Dr. Hammond in 1874, in others simple congestion of the vessels, but in the whole list there was no lesion found that was peculiar to hydrophobia.

In reporting this condition of things the *Medical Record* stated, May 25, 1878: "We are forced to the sad conclusion that, with the present means at our command, every case of hydrophobia is necessarily fatal."

Dr. Hammond, in his report previously referred to, endorsed the plan suggested by Bourrel and also detailed by Fleming in his treatise on rabies, of having the incisor teeth blunted. So far as dogs treated that way are concerned, this was claimed to be an absolute preventive, but non-rabid dogs have been known to communicate the disease. It is a well known fact that the germs of this poison are sometimes present in the saliva of dogs that are apparently healthy, and particularly frequent in that of the spitz. It is also known that the bite of a man in anger may inoculate a man whom he bites, with poison that produces disease, if not hydrophobia. Instances are on record of a woman while in anger nursing her infant, thereby bringing on convulsions and endangering the life of the child. [Child died.—K.]

The pathologic changes in the nerve substance are but the local exhibition of the general systemic poisoning. In the effort to throw off this poison a small amount of morbid matter adjacent to living structure is dissolved by the leucocytes, and is forced out of the system by way of the natural emunctories. When the system is in the throes of a vital struggle with this morbid material, there can be no excuse for thrusting upon it more of the same material, even though it be in attenuated form. The human system, when laboring under morbid influences, needs but those elements which can add vigor to the vital resistance, and the fluid which patrols the entire body, should be strengthened rather than further decomposed and disorganized by the addition of extraneous and poisonous matter.

The Pasteur treatment is the accredited method for those who have been bitten by a rabid animal, but this, like the antitoxin treatment, is simply sending one poison after another in the system, and whatever the result, the victim is the chief sufferer. The Pasteur treatment has not proved uniformly successful, and in those cases where it apparently so, it is open to question whether the patients might not have recovered without any treatment. It is well known that during the first few years of the experimental inoculations for rabies, so many deaths occurred among the patients that Pasteur himself became alarmed at his own work. Since that time, from the improvement in the treatment, the death rate has lessened, due to the dilution of the curative lymph.

It is well enough, and most commendable, to discover the microbe which, as stated, appears "to be the veritable and sole factor in the malady," but facts go to show that the microbe is the result of the disease, except in inoculation.

Pasteur found no indication of an incubation period shorter than seven days, and he

never claimed that he had discovered a *cure* for hydrophobia, but simply that a person who had been bitten by a presumably mad dog and within a few days was inoculated with attenuated virus, would not develop hydrophobia; if a certain time had elapsed after the bite this preventive treatment was of no use whatever.

The London *Lancet*, of Oct. 31, 1885, says:—"We can not but think that Pasteur's inferences are sanguine and premature." In the year 1895 the *Lancet* published a statement from Dr. Magner, in which he pointed out that Pasteurian statistics were very misleading, and quoted from a report of the Registrar-General of England, to show that in the five years preceding the establishment of the Pasteur Institute, the number of deaths from hydrophobia were 155, whereas in the five years thereafter they reached 159. He thought that was a strong argument that the Pasteur Institute had no effect in diminishing the deaths from hydrophobia. An article in the *Paris Journal of Medicine*, by Prof. Peter, stated that the inoculations pretended to be antirabic by M. Pasteur were in principle nonsense, and in practice deceptive. Statistics have shown that the mortality from hydrophobia, in and around Paris, the seat of the Institute, has not been in any way lowered, but on the contrary, has increased ever since Pasteur began his inoculations. In 1895, 272 persons died of hydrophobia after undergoing the Pasteurian treatment, which ought to have saved them from any attack of the malady. . . . In 1866, a girl named Pauline Kiehl, was taken to the Institute, but as hydrophobia had already set in Pasteur declined having anything to do with the case. The girl was then taken to Dr. Leon Petit of Paris, who cured her by the vapor-bath treatment. . . . Dr. Lutaud, editor of the *Journal of Medicine* of Paris, with straightforwardness asserts that Pasteur does not cure hydrophobia, but he gives it. In 1893, Dr. C. W. Dulles of Philadelphia, made a report to the Pennsylvania Medical Society, of his special study of hydrophobia, covering a period of over ten years. His figures give an average, from a total of seventy-eight cases, of one per annum to every 4,500,000 of population, with an excess of cases in the vicinity of Pasteur Institutes. In fact, he charges directly that not only has Pasteur's methods "increased the number of deaths from hydrophobia," but that "there has been added to these a large number of deaths due to inoculation of what ought to be called Pasteur's disease." . . . Dr. Dolan, editor of the *Provincial Medical Journal*, taking a general survey of Pasteur's methods and his numerous failures, says that "Not only does Pasteur not protect from the disease under the very conditions demanded by himself, but he has added a new terror to it by the introduction of paralytic rabies."

. In Long Island City, on April 25, 1897, a strange dog severely bit a six year old boy named Charles Silk. Two days thereafter the child was taken to the Pasteur Institute in New York and a course of treatment commenced at once, which lasted fifteen days. After completing the course at the Institute the mother of the child was told that her child was insured against dog bites for ten years to come, but three weeks from the day of being bitten, the boy died, a profound case of hydrophobia.

Better than Pasteur institutes, and better than all other remedies, or rather preventives, would be what is proposed by an eminent English writer, Mrs. Maynell, in the London *Chronicle* and that is the utter extinction of the canine race, holding that the life of one child is of more value to the world than that of all dogs, and that one of the inevitable results of our advancing civilization will be their extinction. While the dog forms a prominent feature of the domestic life of our day, the services he renders are by no means an adequate offset to the danger with which his presence continually menaces the community.

The Pasteurian treatment is a grievous mistake, although it is as yet the only method that has medicinal sanction. There is a simpler, safer and more scientific treatment for the dreaded disease, based not upon the old fashioned practice of putting foreign matter into the system, but on the more modern and exact principle of eliminating the poisonous taint. That is the hot air or vapor treatment as practiced in many lands, but particularly by Dr. Buisson, formerly of Paris. By this means patients have been cured, even after hydrophobia had set in.

In the year 1826, Dr. Buisson was called in to attend a woman attacked by hydrophobia. According to a custom he bled her, and happened to wipe his hands on her handkerchief, covered with saliva. "Perceiving a mark on the first finger of my left hand," he writes in a book published in Paris in 1855, "I became aware too late, how imprudent I had been. As soon as I reached home, I cauterized the wound with nitrate of silver. On the seventh day I experienced a sharp pain in the region of the scar. Imagining however, that it was in consequence of the cauterization, I paid no great heed to it, but the pain became so intense that I was obliged to put my arm in a sling. The pain grew more and more acute, commencing at the first finger and following the radial nerve till it mounted to the forearm: The paroxysms lasted two or three minutes, with intermissions of five or six minutes. At each paroxysm the pain spread to the length of several centimeters, when it passed the elbow it became intolerable. My eyes were extremely irritable, and felt as though likely to start out of their sockets. I was painfully affected by light, and consequently by all luminous bodies, such as glass and metals. My hair seemed to stand erect. My body seemed lighter than air; I believed that by springing from the ground I could have lifted myself up to a prodigious height. I had tightening of the throat, constant nausea, salivated much, and and expectorated incessantly. I felt that my sublingual glands were swollen, but when I wished to assure myself of the fact by looking at them in a glass I was unable to carry out my design on account of my eyes. I had a constant longing to run and to bite, and my only alleviation was to walk quickly up and down my room, biting my handkerchief the while. I had a horror of water."

Ordinarily there is but one result to such a condition as this. "For some time past," continues Dr. Buisson, "I had been persuaded that a vapor bath was able to prevent, but not to cure hydrophobia. My thoughts being occupied solely with death, I sought that which was the most prompt and least painful, to put an end to my life. I resolved to die in a vapor-bath. I took a thermometer in my hands, fearing that the heat I desired might be refused me. I had been but a few minutes in the bath before I felt a change for the better. This gave me hope. At 127 degrees F. I was cured. At first I believed it was merely a long intermission from pain, which would be terminated by contact with the air outside the bath. After the bath I dined and drank with ease, and went to bed and slept well. From that day to this, nearly twenty years, I have felt no sort of pain or uneasiness.

Dr. Buisson again says: "Experience has proved to me that hydrophobia may last three days. The cure is sure by following my system the first day, uncertain the second and impossible the third. Who would wait for the last day knowing my means? One would not even wait for the malady, one would always prevent it. Hydrophobia never shows itself before the seventh day after the bite and then one can go on a long journey to produce these baths, called Russian.

The *Lancet* says: "Hydrophobia was cured by the late Dr. Buisson in his own and eighty cases by vapor baths, raised rapidly to 135 degrees F., and more slowly to 145 degrees F." "A vapor bath," writes Dr. Buisson, "prevents the development of hydrophobia and cures the malady when developed. In order to convince all sensible persons that I am really in earnest I offer to inoculate myself with the disease. This fact should be a sufficient guarantee of the certainty of my method of cure."

It is interesting to state that in London there is now established a Buisson institute, under the care of a qualified physician, for the gratuitous treatment of hydrophobic cases. A number of cases of undoubted hydrophobia have been successfully treated by means of these baths in India, and the Viceroy of India has notified Mr. F. E. Pirkis, R. N., of the London Buisson Baths, that the government will afford facilities for the placing of Buisson baths for the treatment of hydrophobia, in government hospitals and dispensaries in India. Twenty baths for that purpose are being immediately dispatched. In looking over a late paper from Calcutta, it was noticed to contain an advertisement of thirty-four Buisson Baths located in different parts of India, where that treatment could be obtained free by needy sufferers.

There is no possible doubt as to the value of the Turkish bath in all disorders of the

ferment class, and whether it is competent to the complete eradication of the poison, or to arrest destructive tissue changes when once they have thoroughly begun, will appear doubtful only to those who are not familiar with the wonderful restorative action of heat when used in its higher potency. The simple treatment of a hot air bath has actually cured the disease in the last stages and restored the patient when the extreme horrors of rapidly approaching death. A prompt use of the hot air bath in every case of a bite from a dog can not but do good, even if there is no question of the animal being rabid, and when the animal is mad it is a safe and effective remedy. Who ever is willing to investigate the merits of the hot-air bath will soon learn that it has a valid claim to the title of certain cure for hydrophobia.

In Brooklyn, N. Y., June, 1874, a case came under my supervision. A suspected dog was confined but broke away and in his career of biting other dogs also bit a Prospect Park laborer, one George Wagner. As the dog was to all appearances suffering from rabies he was immediately killed. The man's wounds were cauterized with nitrate of silver and on the third day thereafter he was brought to the Turkish bath. He was bitten through the palm of one hand and arm, which were swollen, and also pains in the head, back and throat. He underwent the process of the bath twice daily during one week and once daily for two weeks longer. The baths were administered with exceptional vigor in the case. Soon every unpleasant symptom vanished and for many years afterward he was well and hard at work.

Dr. M. Hermance, also of Brooklyn, N. Y., in 1877 saved a boy from agonizing death of hydrophobia, by the use of vapor bath, which was applied while the patient was tied down in bed. In about three-quarters of an hour after beginning operations a profuse perspiration was induced. When he began to sweat freely signs of consciousness appeared, which increased as the perspiration was continued, until in the space of about two and a half hours he was fully restored to consciousness, with a perfect relief from all his hydrophobic symptoms, the pain in the bitten hand and arm included, of which he had complained very much in the intervals of consciousness between his convulsions.

There is almost positive evidence regarding this form of treatment from Wilmington Del. In the year of 1869, three children of that place were bitten by a rabid dog. This dog also bit a heifer, a cow and two other dogs. The four animals soon afterward died of hydrophobia. The children were placed under the care of Dr. John Cameron, of that city and by him were taken to Philadelphia and there subjected to the Turkish bath daily, for two weeks. Although the wounds were very severe and the discharge from one of them was the color of verdigris for several days, they healed without difficulty and no symptom of the malady has been manifested since.

In 1886, Rev. J. J. Curran, of the Industrial School, Arlington, N. J., published a case which occurred under his care. One of the pupils named Klee, was bitten on the hand by a dog, on January 2. As the wound healed rapidly, nothing more was thought of it, but on January 22 unmistakable symptoms of hydrophobia manifested themselves and increased for two days, then there appeared no possible hope for him. Then a small kerosene oil lamp was lighted and placed on the floor; on top of this was placed a pan of boiling water and over all a chair, on which the boy was seated. Around this chair and boy and vapor making machine were wrapped several folds of blankets, pinned about his neck and fitted so that the steam was retained about his body. He was also given a dose of sweating medicine and in five minutes the perspiration was streaming from every pore in his body and in ten minutes after he said: "The pains are all gone!" He was kept in this condition for half an hour. The result was that the boy was cured and too months after he was well as he ever had been and so continued.

The natives of Australia and also of India, have a successful habit, of at once taking violent exercise, on beginning to feel ill. This is the principle of the Turkish bath treatment, that is, to relieve the system of its impurities by sweating.

Sir John Drummond Hay, who was many years English minister to Morocco, long before Pasteur's time, stated that the Arabs cured hydrophobia by sweating.



The patient was swathed in woolen covering till all but smothered, placed in a small tent (These tents are of black camel's hair, much more impervious than canvas) and the tent was closed so as to exclude as much air as possible and the patient left until profuse perspiration carried off the poison. This treatment was found invariably successful.

A St. Petersburg newspaper states: "We are informed by good physicians that the patient, immediately upon being bitten, will go into a bath and stay there seven days, he will have excellent chances of recovery. The poison in the blood will be eliminated by a steady and vigorous perspiration. Some physicians have attained good results by washing the wound with warm vinegar and then applying hydrochloric or muriatic acid."

There is undoubtedly an hysteric or "mental hydrophobia," as it is sometimes called, induced by emotion, or through fear of having been bitten, which may lack many of the characteristic symptoms of the true affection and differs from it notably in its rare fatality. Such cases, serious enough to the patient for the time being, would be most easily and agreeably treated by a turkish bath. Here in would come one of the great advantages to the community, which every city would enjoy by having, what would be most desirable to all, a public turkish bath, which would be open to such cases, as well as to any other. A few days', at most, a few weeks' treatment at such an establishment would put the patient out of reach of any danger from hydrophobia.

Some twelve years ago, four children living at Newark, N. J., were bitten by a dog supposed to be rabid and more than \$1,000 were subscribed to send them to Paris, that they might undergo Pasteur's treatment. If the people were only awake to their best good and would subscribe liberally for public Turkish baths they would have a better and surer remedy right at their own doors.

On March 28, 1897, Dr. Frank D. Gray, in Jersey City was bitten by a St. Bernard dog that had showed some slight symptoms of rabies. Evidently not knowing any better way, Dr Gray sailed for Paris to take the Pasteur treatment. Had he been aware of the eliminating power and healing virtues of the Turkish bath, he could have remained at home and saved himself the mental torture, as well as the expense incident thereto. It is very pleasant and desirable to go to Paris, but to "wash and be clean," is much more desirable.

The conclusion that is forced upon us by these facts, is that, in all cases of infectious disease, our chief efforts should be directed to promoting the eliminating power of the patient. This is working in harmony with and assisting the vital resistance of the patient. Whatever tends to invigorate the individual, enables him the more quickly and surely to surmount the difficulty. Herein lies the most important element. When it is understood, that in the proper application of heat and in that we recognize all forms, whether it be the use of hot water, the Russian bath, or the above almost desirable Turkish bath and the fact remains that in heat, we have an agent capable of counteracting the poison of rabies, then it may well be asked, What poisonous influence can resist its potency? Knowing this, we should do all in our power to arouse the public mind to the value of the public Turkish bath, which should be established by the people in every city in the land and so conducted that its blessings would ramify through every stratum of society. Thus would we hasten on the time when hydrophobia will cease to be a terror in the land and disease will not be the inheritance of every child, but rather that good health will be the pride and possession of every citizen.

The author cured a case of hydrophobia in 1861, by baths and emetics. Eliminating the poison is correct. Do it before the symptoms of rabies appear. That the steam or vapor bath is the important factor, there is no question.

## Conservation of the Life Force.

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Every person desires to live as long as they can. In the case of the aged, this becomes a necessity to conserve or to preserve the life force that is in the body. We have never seen an article written for any medical work for this purpose and we have often thought that this conservation of the life force is one of the most important of all kinds of prevention of disease, or, care of preservation in the conditions that are called disease. We see the old man going about with a cane; stiffened up in his joints: perhaps paralyzed: blind; hard of hearing; teeth all gone; and yet with all these infirmities about him, he hates to die. Perhaps with all these symptoms he has not passed more than fifty years and there are many persons who have not reached the age of forty years who have become impotent to enjoy the ordinary viands which should go on the table or to appreciate the taste of pure water; who takes a little alcohol every day and some food or other, uses a little tobacco as a nervine, and eats any thing that is set before him. Stiffened, crippled and mentally enslaved.

We see old ladies who are troubled with rheumatism; who are excessively fat—short breathed—palpitation of the heart, swollen feet, ulcers on the legs, and various more unpleasantness which it is of no use to mention, but which the victim is painfully aware of, and we ask why should they be afflicted in this manner? We say, they should not, neither would they have been afflicted in this manner if they had conserved or preserved the vital force which is in the body. They have the vital force still, but their material is used up.

The man who is stiffened up has taken too much lime into the system either from hard water or from bread. Let him avoid these articles. The man who is blind or near sighted has taken in an excess of starch or has taken in an excess of lime or has done that abominable thing which destroys the eyesight and effects the whole nutriment of the brain, shaving himself daily. Most likely he is guilty of all these follies.

All these conditions can be obviated—changed and the result will be that a man can really renew his youth. A bit of shaving every day gets rid of a spoonful or two of oil out of the skin and this oil from the skin takes it from the lymphatics, which in turn have it deposited in them by the blood corpuscles. The blood corpuscles, having to supply oil day after day have been weakened and deprived some of the tissue in the body and the man feels this.

The shaving of the mustache deprives the eyes of oil that should go to the Meibomian glands and make the eye—both the lid and the eye itself,—short of oil. Dry weak and tender, unable to see.

This causes wrinkles and is one of the first causes why man is more wrinkled at the same age, than a woman. He should not be, but he is. Shaves and exudes the oil needed for eyes and ears. Round shoulders are produced by sleeping on a pillow. Offensive breaths are caused by eating a breakfast and then it is not out of the way, before they put the dinner on top of it. Two meals a day is sufficient for any one and for a person who desires to live long, one meal a day is far better. The woman who is bloated on her feet may rest assured that she eats too much and that her food contains too much starch. Let her stop her bread, potatoes, her chocolate and her hard water and get on to a diet of fruits and nuts.

If the bowels are bloated and tender, be assured that the muscular coating around the bowels is distended and what is of more consequence, is that the distention is caused by the feces, which should pass off.

This should be accomplished by copious drinks of distilled water warm or cold, every morning—not drinking enough to make a person sick, but take enough to wash the old material out of the bowels and take out the material that causes bad breath. Cleanse the inside of the bowels.

If there is twitching on the face and the eyes, the person should examine the teeth. These little twitchings come from amalgam fillings. If there is a tendency to wrinkle up the eyes, this may come from amalgam fillings or red rubber plates. Take them out.

If there is a little roaring in the head or specks before the eyes, stop the use of coffee; stop it any way. Drink lemonade or sage tea when thirsty, or if in the South or on the Pacific Coast, drink an infusion of orange leaves.

Many old people understand by experience that the bladder becomes partly paralyzed and it takes some time to urinate. This is because the muscles of the bladder, that is to say, the little muscular places or squares or diamonds in which dwell the vital force, are irritated by the materials which have passed down as urine and have irritated these muscular squares or diamonds, or rather irritated the vital force which is the source of muscular contractility. The material is clogged full and the vital force cannot act.

Middle aged ladies who have borne children, are apt to have on their left limb, especially, *varicose veins*. They should be seen to and are absolutely a source of danger. Let such ladies bathe that

# KEITH'S DOMESTIC PRACTICE. PLATE XXXI.

## Conservation of Life Force.

### THE SECRETS OF THE CENTURIES.

It is estimated that a human body, weighing 150 lbs. will contain in health 25,000,000,000 of red blood corpuscles. These atoms (or discs) of blood are the toilers, repairers, builders or workmen of the entire body.

They build up every tissue and structure in the system. In them dwells the Life Force which has intelligence to become obedient. As they have been built up by the Life Force, so the life force dwells inside of these disks, atoms or corpuscles. "THE BLOOD IS THE LIFE."

Many physiologists have made surmises as to where these corpuscles originate from; but as yet, none of these surmises have been proven true.

There are some facts from which we may reason out the beginning.

1. The force is invisible, intelligent, powerful, working for some definite plan. Obedient to some Power or force which sent it.
2. The more and better the material provided for this POWER, the better the red blood corpuscles and the more perfect the organization of the entire body of the animal, which is made or built up, by the Life Force dwelling inside of these red blood corpuscles.
3. THE FORCE, in itself, working with or fashioning material to suit itself, builds up and keeps in order, the entire being, according to the material furnished.
4. The FORCE dwells inside of corpuscle which it has built up.
5. It must have built up the white blood corpuscle which was before the red corpuscle.
6. There must have been a cell or a habitation for this force BEFORE the white blood corpuscle was built up.

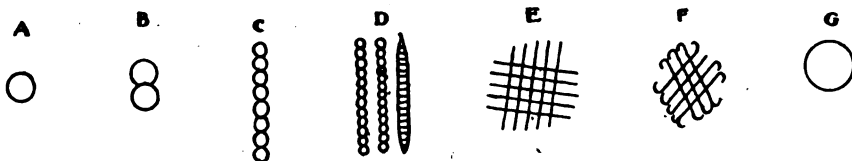
PROOF.—A. There is no white or red corpuscle in the egg—yet the force inside of the egg builds up the fowl.

B. There is no white blood corpuscle inside of the spermatozoon, yet the force or life inside of that spermatozoon builds up the body of the animal. The Force exists BEFORE the corpuscle is built. The force builds, repairs, nourishes and keeps every organ in order.

C. This is the same intelligent force or Life power inside of the egg, that builds up the fowl and afterwards keeps it in order. The same intelligent, invisible, powerful, masterful and obedient force. The same force dwelling inside of the spermatozoon that builds up the body of the man, woman or any other animal.)

7. The same Force or Life power made the cell in the first place. Built up the cell from material furnished.

8. From the facts we may arrive at a scheme of life, which, although it cannot or has not been verified by the microscope as yet, must exist in this or some analogous manner.



Scheme of the Life Power or Vital Force designed and drawn by Melville C. Keith, M. D. A working theory that explains the structure of every organic tissue on earth.

- A. Single cell.
- B. Second cell built up from materials furnished to the force dwelling inside of the first cell.
- C. Lines of cells.
- D. Lines of cells—adhering to each other.
- E. Lines of cells, crossing each other, forming a white blood corpuscle.
- F. Lines of cells, curling on the ends, commencing to *condense on the outer wall*, preparatory to forming the—

9.—G. Perfect red blood corpuscle.

10. Allowing the red blood corpuscle to have life in it, and that the blood corpuscle passing through the testicle, after forming the life that is the future spermatozoon, ejects, transfers or transforms a portion of its life force into this spermatozoon, we can see that there has been life transferred from the corpuscles into the spermatozoa.

11. We then find life in the spermatozoa. It has been transferred from the corpuscle.

12. Observe now, if the spermatozoa are kept inside the reservoirs we have life **RESERVED**, and again absorbed—while it is life, then this human body has **MORE** life.

13. That when we lose the seed—spermatozoa we lose life. The more we lose, the less life we have, until our life, a Vital Force is gone and we are—dead—i. e. a body without life.

## KEITH'S DOMESTIC PRACTICE. PLATE XXXII.

FIG. 97.



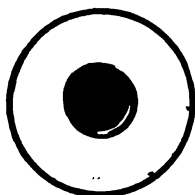
The life dwells—and has been transferred to the bodies of these filaments. Actually, this material composing these filaments, is the best and most choice of all the materials in the body. To lose this material, is to deprive one's body of the best and purest and most concentrated material in the body.

Retain this material, and you retain the best material in the body.

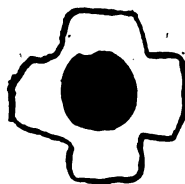
PROOF. a. If a stallion covers too many mares, he is weak and the colts are "weeds" or "plugs."  
b. If the rooster has too many hens, the chickens are weak and short-lived.  
c. The man who drinks and who has many emissions—will find that his children will be weak, nervous, and liable to nervous prostration.

14. Finally—we find that if we retain the spermatozoa we retain the life. And if we keep our seed, we keep the life inside, to be used up in the most appropriate manner. The life keeping the body sound and the mind sane.

Healthy Corpuscle.



Shrunken Corpuscle.



Properly speaking, we cannot lose any life, because the life itself, cannot under any circumstances, be destroyed. But, we lose the Material in which this life dwells and this needed material is necessary for the indwelling of the life. We do not have life, unless we have some place for this life to dwell in. And, if we lose this material, we lose that which is necessary for the life to stay and be contented in, and we lose the life itself when we lose the necessary material in which dwells the life. Life must have material in which to dwell, or, otherwise it goes back to God who gave it.

16. So too, our material can be so degraded that there is no contentment with the life.

We can degrade this material with elements that cannot be made into our bodies with any profit. As bog meats, unclean foods, filth of all kinds; too much of any one article of food. Poisons to the intelligence will degrade our material (blood, flesh and entire body.) with such a degradation that we cannot see well. For, with our soul we see spiritually. With our eyes we see materially. If we do anything with this body which degrades the material, we do that which darkens our windows of the soul in such a manner that we can not see correctly. Therefore, we become mentally in misery when we degrade our bodies.

Beer, coffee, tobacco, tea, swine flesh, all alcohols, even the breaths and association of persons who are unclean, have the direct influence of degrading our bodies and leaving us in a state from where we are in a condition of mental blindness. Paul saw through this when he wrote:

(1 Corinthians vi, 16) "What, do you not know that he who adheres to the harlot is one body? [for the two it says, shall be one flesh.]"

17. Our daily associations, the breaths we take in from others, many of the conversations we hear are degrading upon us to a certain extent. But these are all outside of the body and only influence us and have a certain degrading effect on us. But, when we come into actual contact with vile persons, we are mentally degraded and enslaved. Made blind in our soul, because we cannot see well out of the muddy windows of the vile body.

When this condition comes, we are depressed. Our mind is not acute. We do not think well. Some thing is the matter with the mind and we know there is some thing wrong with us and we think all the world is wrong. And the world is wrong with us.

Association with other defiled and degraded bodies, harm us. More especially, when we come in contact with another body that is unclean. [1 Cor. vi, 18] "Every crime a man may commit is exterior to the body; but the fornicator sins within his own body."

It is our body that must be kept in the cleanest state, if we desire to have long life. And, if we do not think and do not keep this body in the very best and cleanest state, we may be sure that we will not have the body as our house to live in. Therefore [after the proper worship of God.] we should have thought to take care of our body and to preserve the windows of this body so that we may see in the clearest manner.

Our eyes are windows of the material body. If the body is not clear and clean, we do not see well with our eyes. But, the mental blindness and the mental misery comes because our minds cannot see well with our spiritual understanding and this comes because the body is unclean.

limb with cold water every day and use a good brush on this leg every day or if it is possible let them get on to the ground every day, or if in winter time, let them run on the snow for a few minutes morning and night. Barefooted. Try it for half a minute.

Old persons should not sleep one with another.

So far as this goes, we would not believe in two people of any age or sex in sleeping together—unless very young—for one is always weaker than the other and the weaker one always suffers because the stronger one takes the magnetism or strength away from them. For a man to continue his sleeping with a woman during the various changes of life and who has only one bed in which he can lie down, is a matter that perhaps never came to his notice, but actually is robbery to the woman and filthiness to himself. No matter how much the man may say he loves the woman, it is not love to rob her of her vital force and shorten her days, but let her live as long as she can. Let her have a single bed, or better, a separate room. If the rooms are large enough, let them have two beds.

The vital force is indwelling and supervising every organic being on earth. If they do not have good air they get excessively white showing that the white blood corpuscles do not change to red blood corpuscles and, therefore, they are slowly dying.

If a person is yellow on the skin, it betokens the fact that the liver is clogged, and possibly the spleen. Packs over the liver and over the spleen can be made every three or four nights with great benefit and a supper of baked apples and oranges, and melon, and a few berries, or in the winter time a dish of stewed raisins or stewed plums will be found more beneficial than a cup of tea and bread and butter. Bread is really "the staff of death." Too much is eaten.

Elderly people, in order to best to conserve the life force should not associate too much with boisterous people, nor should they stay where they get excited. And even if they are in such positions, they should soon restore themselves to normal by a contemplating of where they are and what they are.

The use of various herbs that have been made fun of by the "regular" physician may be of great benefit to the aged person, not alone because of their supposed or actual medicinal qualities, but from the fact that many of these herbs contain ACTUAL FOOD necessary and beneficial to the blood corpuscles in the body. Sage tea, for instance, made palatable, drank one or two cups a day is a powerful eradicator of all kinds of worms, actually supplying nutriment for the blood corpuscles. There is no doubt about this.

Peppermint tea and infusion one or two cupfuls a day cleanses out the urinary tubules of the kidneys, thus preventing calculi. It also assists in cleansing the kidneys as a whole and when passed into the bladder there is no doubt but what it cleanses and stimulates those organs so that an old person can have better control of the contraction of the bladder.

+ If a person of middle age notices that they have a tenderness on one side of the bowels or the other from any cause, they should wash and rub over that place with the hand wet in cold water and take injections to the bowels for the purpose of cleansing them. By then considering how the bowels are in the matter of stools, they can easily see what food they should take in order to restore themselves to a natural or normal condition. Checkerberry infusion will clear up the catarrh.

So will juniper berries drank in infusion. Tamarack bark infusions or a decoction may be used for little pains in the shoulders or in the hips. Dandelion blossoms may be made into a decoction and a cupful or so drank once a day for any constipated condition that one may have.

+ By a diet of nuts, meats and fruits avoiding all breads and mushrooms constipation is cured.

For sore mouth a mild infusion of sumach berries, the red kind (*Rhus Glabrum*) is an excellent thing to be taken in the morning or on going to bed. The decoction of the bark of root is a good thing for canker. These things are not alone medicines. They are actually of value as *nutriment to the corpuscles* and all the fun the doctors will make of these drinks and these infusions do not prevent them from being a benefit to your body. While the fact is, that the party who never knew anything about these indigenous remedies goes to a doctor and his remedies are iron, arsenic, strychnin, belladonna, potash or anything at all that contains poison. The "regular" doctor is a regular fraud. He is an ignorant, conceited venomous enemy to the human race.

If an old person has the piles and they itch, a little injection made of white pond lily root decoction will help them to get rid of it. This is based on the fact that in nearly all of the itching, an irritation at the anus is produced by a germ or a worm. Wash with weak lye or a carbolic acid soap.

If there are bunches on the system any where, no matter where the bunches are, clover as a drink and a strict attention to the diet as laid down in the article on scrofula, will almost, if not altogether eradicate this bunch which may be the forerunner of a cancer or a tumor.

Sleeping with the head of the bed to the north is a very small item, but there is no doubt but what it is acting in harmony with the natural laws of the body. You will live longer and have less nervousness.

All old people should sleep in a room not less than ten to sixteen feet high. They should have a fire place either in their room or in the room next to it. At any rate, they must either have a fire place or ventilator such as we have described in the early part of the book and have the foul air out of the room. Write to Edwin Jackson, No. 50 Beckham street, New York City. Fire Place.

Diarrhea in old persons can be most easily cured by a raspberry leaf injection—three ounces of raspberry leaves and four quarts of water, steeped an hour and strained. This will be far better than to have a visit from the allopath doctor and take a dose of calomel and small doses of salts, alternated by opiates as a doctor is almost sure to give you. Shun the medical brute. The high priest of poison.

Old persons of either sex should have a cold bath all over every day. This should be done in the morning soon. And from motives of cleanliness as well as conserving the vital force, every man and woman should see that their private parts are bathed with cold water once a day and especially before they go to bed at night. This is a very small thing and cannot be done unless the water and towels are provided before they go into the room and this must be thought of before night.

When once this cleanly habit is established, they will find that they are preserving the life force and their fresh face and bright eyes will give evidence, not alone of their cleanliness of body, but their increased mental development and purity of mind. Every pure thought comes out on your face and leads you closer to the Lord Jesus Christ.

Any one can see how stupid and foolish is the use of the poisons used by the regular doctor. Anyone can see too, why the use of the battery, electricity and magnetism and all this sort of fraudulent make-believe science, is of no good. All the batteries on earth can only send the filthy material from one part of the body to some other part of the body from that which it is already in. Only changes the locality and does not eliminate the material from the deep tissues of the body as it should be eliminated and sent out from the body. One has to cleanse the body from its filth, if they desire to be well in body. The body must be cleansed out and the V. F. given the best chance, the best opportunity to have the whole material in the very best of shape. Doctors nor follies nor frauds



will not cleanse the body. You must change the body by taking out the filthy material that is in it. And if you cannot get the material out, you should put new and good material inside of the body and have the V. F. go to work and have it out of your body, which it will soon do, if you place new and good material in your body for the vital force to work with. All the batteries of every sort and all the drugs of all kinds and all the beliefs of every kind will never place this good material, in your body. This new material should be of food, air and water, and without these three basic elements, you cannot expect the vital force to do anything for you.

A belief may be pleasant to your mind, but it will not do your body any good and the V. F. will not do your body any benefit by your belief, Nor from the use of any battery or any magnetic healing. You may be lulled into thinking or believing so, but it will not be true and will simply be changing your filth from one part of the body to another part and by and by it will come out in some other part of the body worse, than before. Cleanse your body and the V. F. will be glad to build up that body in the very best of conditions.

By attention to the plate, of the eminent and studious Dr. Jacob Redding which we have inserted it will be seen that what he discovered as a source of muscular contractility is a dwelling place for the vital force.

If it be considered that this vital force is under the supervision of nothing but Jehovah, but is in itself a law unto itself and that it builds up the body according to its preconceived (or pre-ordered by Jehovah) ideas according to the laws and rules which have been laid down for this V. F. follows by the Divine hand and that there is no such a thing as an accident or a mismanagement on the part of this vital force, which we have seen—and the more we see the more we shall be convinced that this vital force being directly ordered by God himself is the most capable and efficient agent that we can possibly have to build up, preserve, repair, and keep our bodies to a good old age.

All the muscles of the body require three basic elements—air, water, and oil.

The air we must obtain through the lungs and through the skin.

Consider this fully in every aspect that we may, and still we shall be short of life unless we heed the calls made by the vital force on the body every day for pure air. If we think of this, the more we are in any smoke or dust or inhaling the breath or breaths from any person we may be sure that we are driving off or disturbing the action of the vital force.

The water that is commonly used, that is called hard water and the waters which are supplied to the great cities from the rivers and lakes are simply abominable and filthy. The amount of debris, mud, clay, iron, lime, and filth, absolutely filth, that is passed into the system through the waters that are supplied to the cities is simply a matter of astonishment if one should see the bottom of the distiller after they have distilled a gallon or two of this water.

Now the great mass of this filth goes into the fine capillaries of the skin, into the glomeruli of the kidneys, clogging up these important organs and finally preventing the muscles in all parts of the body from being elastic and obeying the intelligence, which we possess.

The man is stiffened because his muscles will not obey his will. Obstructions come from the amount of filth that is in these little diamonds or muscular striata and the vital force that is situated inside of these little spaces, cannot get these diamonds to elongate or to contract, therefore, because the outside of the diamonds are not elongated, the man is stiffened up. We assert that any old man or old woman who is stiffened up can recover the use of their limbs if they will take to considering these matters and will use these three basic elements to the best advantage of their bodies. That is, pure air, soft water and oil in sufficient quantities to give nourishment and material to the outside part of the diamonds and if the outside part of the little diamonds have material, which is sufficiently elongated or can be made sufficiently elastic, there will not be any trouble in contracting these diamonds or in elongating them, in which case we will have a limberness and elasticity of these muscles which will enable the old lady of eighty or a hundred to dance and walk about as well as the girl of eight to sixteen. The only reason why she cannot do this is because she has no elasticity in her muscles and because she is filled up with uncleanness, which she has had since the days when her children were born.

The old man who is stiffened up with a hump on his back and limbs so that he has to carry a cane or use a crutch, can be limbered up if he will take time to consider the condition that he is in and the cause of what made him so. Let him provide himself with these three basic elements—pure air, soft water and oil—oil from nuts or from mutton or good beef soup and let him commence and take exercise in order that the vital force may know what is demanded every day and he will be so in a short time, that is, shorter time or longer time, according to the way that he has kept himself in his youth and he will perceive a benefit almost at once. And the

longer he goes on daily supplying this correct nourishment the better off his body will be.

When persons say that thing is due to old age, they are erroneous or liars. A person can be as limber at sixty or eighty as they are at twenty, provided they have no waste on their systems. One of the greatest reasons why so many people are stiffened up and die suddenly from pneumonia and other diseases is because these muscles have not enough elasticity in them and the lungs are the only outlet the man has. His skin has long ago been shut up because he has not washed it daily and his kidneys are clogged up from the effects of the hard water, mud, iron, lime, and filth that he has filled his kidneys up with.

These are facts which any one can see and we hope that every reader of this "Domestic Practice" will bear this in mind as our final words to them to take care of the body, remove the obstructions, and have a long life.

Believing a thing will not make it so, nor will it prevent it from being so. All the facts of believing should be based on some law or some fact. It is a fact that when one shaves, they lose the oil that should assist in having the voice elastic and the eyes in the best of order. Now, all the believing that this act of ejection of this oil is not harmful will not make it to be less harmful. Nor, if we are wrong, will it change the facts any way.

We have to be based on the eternal truths to be right. If we have these truths happy are we and we may know that we are among the wise who shall understand.

Nor need we worry because every one will not take hold of these laws and become well. God has specially provided for this and He has said that all we can do or coax, or worry or fret will not change or make some of these people understand because it is as He has foretold this to them, "*the wicked shall not understand.*" If we do understand it is because we have been drawn towards the Son and Son has brought us into liberty from the bondage of ignorance. Thanks be to His Name.



## FORMULAS.

It appears as if the art of compounding medicines, which should be of specific and immediate value to the human body, has been lost. We have an extremely fine art of compounding poisons. All kinds of the most virulent poisons can be placed together in such quantities, that they do not kill the patient outright, but will kill the body little by little, while the poisoner has a chance to get away from justice, unwhipped. Unpunished.

As the "regular" school had run into the idea of giving upwards of sixty medicines at a dose or in one swallow, so this later age has swung back the other way and now devotes its time to "specific medicine." Giving one at a time, as if they could select the one drug that is needed to do the work in the human system.

To repeat what the medical profession has asserted and what they are doing at this date with the ideas of curing by poisons, or by some other hocus pocus and finally cutting the body to pieces, when they get beyond their depth of poisons, would take too long a time. It is such a record of folly and stupidity, that we are not surprised that the "regular" school have no real histories of medicine published. Their record is too devious.

We shall endeavor to give some rules which may govern cases and by which anyone will be enabled to prescribe for any ordinary case that will come up in the family. Mixing medicines, or compounding medicines has been considered something that only a very few know anything about. And it is not any wonder, since, when one gets out of the old school practice of giving poisons, we have nothing, in any language, to give us the least guidance of how to go, or why we take these steps. There is simply nothing of value, except in the older Botanic Guides, of England and America. Nearly a century old.

## INFUSIONS.

The simplest way to fix anything to be taken as a remedy, is to take some herb and make an infusion. Soak it in water. Boiling water being used generally, except in some cases where there is some principle which may be carried off by too much heat, as in the case of wild cherry bark. In these cases, cold water infusions are made.

Catnip, peppermint and all mints, Virginia Snake root, pennyroyal, and anything that has what is called an "aroma" herb and root, or which contains a volatile oil, should be steeped or placed in boiling water, but the water should not boil after it has been poured over the herb or root. Soaking in water or allowing the drug to remain covered, is what is called steeping. This makes an infusion. Catnip and the mints will be ready to use in two minutes, steeping.

Canada snake root requires fifteen minutes, while Pleurisy root requires forty minutes to get its full strength out. Such is the experience of the writer.

DECOCTIONS. All herbs and roots that do not have any volatile smell to them, as Culvers root, boneset, burdock, seed or root, Pomegranate must be boiled and some of them must be boiled some little time, before they are ready for use, or before they have the strength out so they can be tasted and are in fitting condition to do any good to the system.

Boiling these articles, is called making a decoction. That is, a decoction is made by boiling an article. The volatile herbs should not receive a decoction; they should be steeped or made into an infusion.

This is very important to understand, in mixing up any anything, as so many indigenous herbs and plants in this country are spoiled by being boiled.

Whereas, if we try to use Culvers root or Pomegranate bark, without boiling, we should have a failure.

Tinctures are made by soaking the herb or drug in alcohol and then pouring on some other solvent or turning off the alcohol as it is.

If the article is turned off and has pure alcohol, we have the "mother tincture." If we have it mixed with water, say three fourths water and one part of alcohol, we have what is called "an officinal tincture."

All these methods are based on the supposition that when we use the drugs in these solutions, we are supposed to have the "virtues" or, really the atoms of these plants or drugs out of them and into the water. Then, by drinking the water, we have the atoms of the plant or herb ready to go into the stomach, and from the stomach, we expect it to go into the second stomach and in the intestines, to be taken up and find its way into the blood stream.

In the study of protoplasm, we teach that these atoms really do not do anything of themselves, but that they are actually foods and useful materials for the corpuscles to use. We give them as foods for the white and red corpuscles of the body. Same as we give nuts because they furnish an oil that we are positive is needed by these same atoms or corpuscles and we expect these materials to do good because they nourish these corpuscles and not because of anything that they can do of themselves.

If we desire to place any of these herbs into a tincture, we place the herb in a covered or open mouth bottle, turn on as much alcohol as will cover them. Then they are stoppered up tightly and left to stand and soak for ten days. Or, if they are of hard nature, we let them stand for fourteen days. It does not hurt them to stand a much longer time than that, if we are not in haste to use them.

We have the Percolator ready and place whatever we have, appropriate to the "tincture," and fill the bottom of the percolator, with the "strainer." This may be of sage, or of mint, or of anything that is appropriate to the article we desire to use, or, for what we are making at the time. If catarrh syrup, sage. If for neutralizing cordial, we use spearmint.

If we are going to make a cough syrup, we use the aster flowers.

Or the horehound herb. Any one can do these things and there is not any secret preparation necessary, nor any great amount of science needed to make syrups, tinctures or cordials.

When a thing is sweetened very sweet, we call that a syrup.

If it is very mild, with sweetening and some spirits, we call that a cordial.

The distinction between a cordial and a syrup is not so very marked, but it is supposed that a cordial has both spirits and sweetening.

While we suppose that a syrup is to be wholly kept from fermenting by the amount of sugar that is in it. In the matter of practice, the names are arbitrary and there may be nothing certain, whether the article is to be named cordial or syrup.

To make tinctures: We place the herb or plant or root which has been soaked in the alcohol into the percolator and have it run through all that it will. Next turn on boiling water, so that the alcohol will run off. Set this aside in a bottle.

You have all the herbs or drugs left in the percolator and you now proceed to extract the remaining strength from the herbs in the percolator.

Add boiling water enough to run off three pints and when run off, mix the first pint and these three last pints and you will have four pints of a "tincture." An officinal tincture.

The dose of this tincture is owing to what it is made from. Tincture of elderberries, would be a teaspoonful in a half a cup of water. Tincture of blood root, would be two to five drops in a half a cup of water. If it be used in this manner. All depends on the agent.

A pound of roots or herbs will make a full quart of strong decoction. Ordinarily, a half pound will make it strong enough.

Syrups. If we desire to make a special syrup, we can boil enough to make that amount we desire and then strain off the drug and leave the water.

Add a pound of sugar to each pint of liquid; boil this and skim it. After being boiled half an hour, strain, cool, settle and bottle tightly. This will keep itself if set in a cool place.

As sugar is not so good for the stomach of many persons, this form of syrup is not so common as it was half a century ago. It must be noted that this must be bottled as soon as possible and set in a cool place or it will sour. For this reason and because nearly all the alcohol can be driven off when mixed in hot water, that "tinctures" are made and, when sweetened, they pass under the name of syrups of whatever name is given them. When we desire to have some remedy for some person, we select that remedy, or remedies that may be deemed most appropriate and make a "special mixture."

Suppose we have a weakly woman, one who is nervous and thinks she has much trouble with her stomach. If we give her one article, we may do well with her case, but with many ailments, of many apparently different organs, we shall feel justified, in mixing up these articles and giving them together. All in one dose.

Many physicians of modern school will call this a "shot-gun," prescription because it contains more than one article. But their calling things names, does not hinder its action, nor does our believing in it, make it any better. If we should follow out their principle of giving only one thing at a time, we might as well make our soup of one article. Why put in any seasoning? Why not have the meat today and the salt tomorrow and the pepper next day and then the vegetables a day later? But, we find it more agreeable to place them in one container and have them all cooked together.

### No. 1. Special Mixture.

This lady patient is weak—has no strength—cannot eat, because she has little appetite and is very white or pallid.

German chamomile is indicated. Other articles may be better or they may be indicated as well as chamomile. But, we have tried this and feel a confidence that this will meet the wants and needs of the corpuscles. It is mild, easy and a bitter.

We add ginger, because a stimulant is needed.

And something more bitter, because we are sure the inside of the lining of the intestines are clogged and inactive. Not so much as of the base, but enough to assist us in cleansing the intestines. GENTIAN.

From the appearance of the eyes, we are sure that the gall duct is closed up. GOLDEN SEAL root powdered. She has the whites. CINNAMON.

A very small part of this cinnamon, as it is too drying to the intestines.

And the white coating on the tongue indicates that she will bear more stimulation than we have. We will add just a little cayenne. A small pinch.

When we have this made up, we have as follows:—

Chamomile two ounces. One ounce

ginger, half an ounce gentian, half an ounce golden seal, one-eighth of an ounce of cinnamon powdered, (the best bark saigon) and a pinch of cayenne. Mix together and we will take out a fourth of a teaspoonful and place in a cup. Fill with boiling water. Steep half an hour covered and sweeten if she desires to have sugar, and strain and give her before every meal. And we will regulate her diet.

We will have her use an injection to the bowels once a day of clear catnip, four ounces to four quarts of boiling water. Use it all when she goes to bed. Not to be used too warm. If she has very bad stomach, we will use something to thoroughly stimulate the stomach and this will be "corrective powder." After meals.

We can select any of the agents which we think will be most appropriate for the case—if she has weak lungs and she has had some hemorrhages, we would select BUGLE WEED as the base.

If she is very nervous, we might have skullcap.

If she has pains in the bowels and low down, we should select wild yam root, as a base. If very weak, with red urine, select spearmint. And change other articles as would be most appropriate. This will

give the most correct method of treating cases with non-poisonous foods and more rapidly cleansing the entire body by first cleansing the great tract of the intestines than any other method that the writer has ever known. The use of these simple herbs excels the mineral tonics as much as wheat heads excels sawdust.

For men. They can receive more bitter. Thus, for jaundice, make the base of Culvers root. If there are boils—take Burdock root or Spikenard.

If there is catarrh present, add White Pine Bark.

This will make a combination that has no equal on earth. Only select the agents you desire to have predominate and you will have a tonic or strengthener that is unailing in any ones' case.

## No. 2. CORRECTIVE POWDER.

Made of equal parts of cayenne, powdered elm bark, Golden seal root, wild yam root, all powdered.

No. 2. or Corrective powder is good for any faulty condition of the stomach where the food does not easily and readily digest. For faintness and quick beating of the heart.

Dose should be for an adult, as much as will lie on half a penknife. This can be mixed with water or syrup.

It can also be taken for gas in the stomach; for worms; for pains in the bowels; for wind; specially for bloating and swelling under the ribs, after a meal is eaten.

Some of these symptoms may come because of the presence of worms. Or, they may come because of wrong food and too much starch in the food. Any way, Corrective powder will serve a good purpose, if needed and is safe and free from any poisons. It will also do much good in cleaning off the bowels where there is constipation and where the skin is of a putty color.

## No. 3. Injection Powder.

This can be made of Catnip Herb. May be made of Bayberry Bark. Or, of Pinus Canadensis Bark powdered. Or, it can be made from one part of boneset, ginger, catnip and bayberry bark. Mix together; have three heaping great spoonfuls in four

quarts of boiling water and steep ten minutes. Stir frequently. Strain this through a cloth and use once a day as a stimulating injection to the bowels. Frequently the catnip will answer every purpose.

Raspberry leaves in doses of two ounces to two quarts of boiling water will be better than all others in all cases of bleeding from the bowels, because milder and better borne than others.

For all cases of piles, bayberry is best.

For falling of the bowels, poplar bark boiled twenty minutes, one ounce to every quart and used nearly cold, will be very satisfactory. Label your container, which should be of glass or tin or earthen.

## No. 4. Balm.

Take four pounds of clean peppermint herb ground coarsely.

One pound of ginger, African being best as it is stronger.

Half a pound best cayenne powdered. Be sure it is free from dirt.

One pound of Wild Yam root powdered.

Four ounces of blue cohosh root.

Four ounces of bayberry bark powdered,

Four ounces of best Cinnamon bark, powdered.

Mix these together and set them in a large six gallon jar.

Mix up one gallon of pure alcohol with three gallons of soft or distilled water. Mix thoroughly and place on this mass to moisten. If warm, let it stand over night.

If the weather is cool, it may stand twenty-four hours.

Transfer to percolator as hereafter described. Tin one is best, although glass will do for the balm.

Now mix up the second lot of alcohol and water. (one quart of alcohol to three quarts of distilled or pure soft water that has been boiled and settled.)

Place Peppermint herb one pound or more in the bottom of the percolator. No matter if it is half full, if percolator is large enough to take in these herbs. Then and from time to time enough of the mixture to make your stuff run off three and a half gallons. When you have two gallons run off, you press out the rest and make the amount up to three and one half full gallons.

This is the best general stimulant on earth. It is for stomach and may be called a pain killer. Label as follows:

#### No. 4. Balm Protoploid Food.

Specially prepared for pains anywhere, colic, pains in abdomen, wind on stomach, cramps, heart burn, diarrhea, dysentery, cholera morbus and all disorders of the stomach and intestines. Can be used for all weakened conditions of the intestines, and nervous system. Shake the bottle. Dose teaspoonful to cup of hot water sweetened. Repeat every ten minutes until a cure is effected.

#### No. 5. External Application.

Take half pound of cayenne; one half pound of Lobelia seed; half pound of Bayberry bark all powdered and place in jar.

Four pounds rock salt may be boiled in one gallon of pure vinegar and when it has come to a boil turn this over the mass. Let it set twenty-four hours. Strain and label and use as an external application whenever and wherever needed.

The quantity of rock salt can be increased when the weather is warm. One of the points to be remembered with this application, is that it should always be used cold and warm flannels can be placed over the flesh for croups, colds, sprains and inflammations. Or, if the case is of long standing there should always be the cold water application to follow it in all cases. Never apply this to be followed with warm applications of any sort, only cases of inflammation and acute pain.

Always use cold applications to Chronic Diseases. Old sprains and long standing stiffness.

#### NO. 6.

Take one pound of gum myrrh coarsely ground. One ounce of cayenne powder and two ounces of lady slipper root.

Place these in one gallon of alcohol and stopper tight. In ten days it will be ready for use.

This is really the formula nearly, of old Samuel Thomson, and, today forms the base of nearly all "Pain killers," made in the world.

Cayenne is the purest stimulant and Doctor Thomson found the astringent of the gum myrrh to be needed in a majority of cases. His ideas are not understood at this present time.

Dose:—10 to 20 drops in half glass of water for any kind of pains or weakness anywhere. Also may be used in all cases of heart trouble and faintness and hemorrhage of stomach or lungs or of flooding after childbirth.

Should be kept stoppered tightly.

To make this specially as "pain killer," add to every ounce of this mixture, twenty-five drops of oil of peppermint. This will be the finest relief from pain made on earth and is always perfectly safe. Dose—as stated. Always keep well stoppered in dark closet.

#### No. 7. Composition.

The formula of the earlier physicians was one pound of Pinus Canadensis bark, two pounds of bayberry bark, one pound of ginger root and one and one-half ounces of cayenne. Half pound of allspice. Mix these together by sifting.

This is of general use in stimulating the bowels and the use of composition enters largely into domestic treatment. Indeed this compound although changed many times, is still the basis of all compositions.

Dr. Samuel Thomson of New Hampshire, U. S. A. was the inventor of composition.

The composition that is made and sold now as "OFFICIAL COMPOSITION" is made as follows:—

Two pounds of bayberry bark.

One pound of ginger.

One pound of pleurisy root.

Half an ounce of powdered cayenne.

Have all powdered and sifted finely.

Dose: one teaspoonful in cup hot water.

We think better to steep fifteen minutes and to strain off all the dregs. Although formerly these dregs were given with seemingly good results.

The author of this book has added one-half pound of CANADA SNAKE ROOT and found it very useful in driving the germ of the scarlet fever to the surface. It can be added if desired.

#### No. 8. Tar Ointment.--Keith's Formula.

Place four quarts of cotton seed oil in an iron pot. Three gallon kettle best.

Add two pounds of Bitter sweet bark, coarsely ground, or two pounds of Bitter-



sweet berries. Boil until the berries are all crisped. (Two hours.) This will make a horrible smell and should be done in some place where the smell will not annoy any one.

When this has cooked, let it partially cool and press out the berries or, while hot, strain through a cloth coarse enough to allow the oil to run through, but that which will take out all the particles of berries.

Then, when strained, place again in the pot and add **FOUR POUNDS OF BEESWAX**. The yellow kind.

One pound of Burgundy pitch.

Two pounds of rosin.

When this is all melted, and the mass is boiling add half pound of pure pine tar.

While this is being done, take care it is not too hot to boil over.

It will rise and splutter, more especially if there is any water with the tar, as there is usually sure to be, if purchased in the can. Add a little at a time.

When this is cooling, if it is not stiff enough, add more rosin.

If too hard, add more oil. Then bring to a boil. Stir with smooth stick.

It will be right, if you make it right. But, as there are many kinds of ingredients in the market there will be various degrees of consistency of these ingredients. Hence, the maker of this compound must use judgment in adding more rosin or more oil to bring this ointment to proper consistency. (Try it in water before considering it finished.)

Useful for piles and in all conditions where an ointment is admissible. Specially useful for itching anus and inflamed conditions of the anus.

### No. 9. C. R.

Formula of Dr. Alvan Keith, late of Augusta, Me.

Equal parts of wild cherry bark.

Prickly ash berries.

Pleurisy root.

Culver's root.

Best Rhubarb.

All finely powdered and sifted together.

Dose:—Teaspoonful in cup and fill with boiling water; steep thirty minutes and drink sweetened at bedtime. Best warm.

Thought to be very useful in cases of

long round worms or any other kinds of worms in the bowels.

Will be found one of the most efficient of remedies in all cases of flux, dysentery and to follow scrofulous cases.

Should never be used (in our opinion) in any case of eruptive diseases and never in cases of diphtheria.

May be used in wheals, hives or erysipelas with great success. Also in all cases of filthy bowels. (That is, foul smelling discharges from the bowels where there is no scarlet fever or any measles, or small pox.) Is of much use in cancerous conditions.

### No. 10. Fever Powder.

Equal parts of lobelia herb.

Pleurisy Root. Crawley root.

Catnip herb. Sage.

Have all powdered and sifted if possible. No matter however, if the herbs are not powdered as they keep better without being powdered. Keep this fever powder in tin box.

Dose:—One heaping teaspoonful of this powder in cup and filled with boiling water. Steep half an hour. Given in doses of three to five tablespoonfuls every half hour while the fever is on, will break up any case of typhoid in twenty-four or forty-eight hours, if taken in time.

For child, give half or fourth as much for small child. Proportion the dose for larger child.

Where there is fever of any kind, this is a safe and efficient FEBRIFUGE. It can be given in powder if desired and the particles are all finely powdered; but we advise the giving of all of these remedies in INFUSION as they can be made palatable. They are easily made and one can make new (as they should be made fresh every twenty-four hours, or when used up,) when ever needed without any alcohol or glycerine. Or without any admixture of anything. Never allow fever powder to be boiled.

### No. 11. Catarrh Syrup.

Place two pounds of Gualac chips in glass fruit jar and add two quarts of alcohol. Stopper tightly. Keep warm for ten days.

Fill the bottom of tin percolator with a

pound of good sage leaves. If there are stems in with the sage, add pound and half in bottom of percolator. Boil six pounds of white pine bark one hour in three gallons of water. Transfer the guaiac chips and alcohol into percolator. Let two quarts run off (by adding some of liquid from the pine decoction.) until two quarts have run off. Set this aside. Then pour on the white pine decoction, all there is. In another kettle boil or just bring to a boil, three quarts of New Orleans syrup. This does not go through the percolator. But is mixed after all has been run through.

When hot, add to the last run of the liquid. Press out the dregs. Add all these together and shake the bottle.

There should be two full gallons. If there is any more, there should be as much alcohol added, as there was liquid before the syrup was added. One to three. In warm latitudes, one to two and a half. Shake this bottle and take one teaspoonful soon in the morning and half a teaspoonful any other time of day preferred.

With proper diet this will cure any case of Catarrh on earth. It is inexpensive and easily made. Will keep (if alcohol is pure) any length of time. Put into pint bottles and stopper tightly.

Will also be an excellent thing to follow cases of gravel, or weakness of bowels. Cold feet, hands, purple appearance of lips will be benefitted by small doses of this syrup. It cleanses and tones the whole mucous surface of the bowels. (But must not be taken when one has scalding of the urine, nor, when there is any discharge as of gonorrhea in man.)

### No. 12. Spice Bitters.

Four pounds of Poplar bark. (Either white or yellow.)

One lb. each of ginger and pleurisy root.

Half pound of golden seal.

Half pound balmony herb.

Half pound of best cinnamon.

One ounce of pure cayenne.

Mix all of these together being in finest powder and you have *Spice bitters*.

Dose:—One fourth teaspoonful in cup of hot water. Some sugar may be added if desired. Stir it all up and drink the whole of it.

No compound has ever been devised of

so much real benefit to the general system in weak and debilitated constitutions as this spice bitters.

It is good for fluttering of the heart; gas on stomach or bowels.

The blues. Indigestion and colic after eating.

If one is weak and painful all over, take half spice bitters and half peppermint herb. Steep the same amount or half teaspoonful in cup boiling water and one will have the most elegant remedy for ulceration of the stomach and intestines. or, from weakness after typhoid, that can be named. (Should be strained.)

In cases of chronic weakness and falling of womb, add as much Wild Yam root to the spice bitters as there are spice bitters. and this answers specially for the best kind of "Female Tonic."

False unicorn or, Heonias root is also good to add.

Good to cleanse the bowels and intestines and produce regularity of the menstrual flow. In man, this will cure the jaundice or Icterus. This is one of the best remedies for children when weak after passing through any eruptive diseases as scarlet fever or measles, whooping cough or any other condition of weakness. It destroys and drives out worms. Two full doses a day. Cures painful menses.

### No. 13. Pile Pills.

Take one pound of solid extract of mullein. (*Verbascum Thapsus*.)

Thin with balm or with No. six. Say, use eight ounces of this to make the extract thin enough to work good. (Use Henry Thayer & Son's extracts, made at Cambridge Port, Mass.) W. S. Merrell & Co., of Cincinnati, O., extracts are also good.

Roll in powdered Goldenseal as much as one can work in good. Make into five-grain pills.

Dose:—Two at nine in forenoon and two in afternoon at about three o'clock. These are not physical in the least, but will be of great service in eradicating all cases of piles. Also in cases of clogged kidneys. These pills are of the most use in chronic cases and can be given with much benefit following cases of paralysis where the allopath and the homeopath have been giving poisons and paralyzed the nerves. Dose can be increased for severe cases.

**No. 14. Worm Pills.**

Thin one pound of solid Gentian extract with eight ounces of number six, roll in as much powdered cayenne as can be worked in good. Roll out and make into five grain pills with powdered poplar bark.

Dose:—One or two after every meal.

Useful in all cases of worms and any other irritation of the intestines. May be used also in cases of coated tongue, where worms may not be known to exist. Will cure the condition known as Appendicitis where the food is right. Use injections if constipated. These pills are not physical in the least.

**No. 15. Liver Pills.**

Take one pound of solid extract of dandelion root.

Thin with balm or number six. Six or eight ounces.

Add one small teaspoonful of oil of Peppermint.

One teaspoonful heaping of powdered lobelia seed.

One half an ounce of cayenne powdered.

One ounce of yellow Podophyllin. W. S. Merrell's of Cincinnati, to be preferred.

Two ounces of Leptandrin. Half an ounce of bi-carbonate soda.

Mix this well up before any more is added. In fact, the ingredients should be added as we have given them and each one should be thoroughly incorporated in the mass before the next one is added.

When all these are mixed in the extract then roll out in powdered Culver's root.

Dry on flat surfaces of earthen, preferably of plates.

Put in plenty of powder so they will dry good. Four or three grain pills can be made.

These pills at one time were thought to be the only thing to cleanse out the bowels. Now, there is no other compound as cleanly and less irritating than these pills.

Dose:—one or two at night.

But, the fact that they are irritating is enough, in these days of softened intestines and cream of tartar baking powder (made of ammonia and tartrate of lime in reality) and while the present race is weak in the bowels, we no longer use them only in severe cases or, where we think the in-

testines will bear going through with the irritants of podophyllin and leptandrin but they have certainly done good service and are the best cathartic on earth. The author at this time never uses any kind of cathartic under any pretext.

**No. 6. Pills for Uterine Weakness.**

Extract of burdock, one pound. Thin with tincture of Balm Gilead buds, eight ounces. One ounce of cayenne powder.

One ounce powdered prickly ash berries. Four ounces of powdered blue cohosh root. Two ounces powdered golden seal.

Roll in as much powdered Helonias root as you can get in and roll out in powdered balmony herb.

Dose:—One or two after meals, or at any time convenient.

This pill is for any and all cases of falling of the womb. Weakness, whites, ovarian tenderness, swellings or tumors.

May be given with great assistance to ladies who have irregular menses and who have had the flow stopped during any period of eruptive diseases. Good to follow any case of diphtheria in the adult to cleanse and tone up the system.

**No. 17. Rheumatic Pills.**

One pound solid extract of hackmetac bark. [Tamarack bark, sometimes called Juniper]. Ten ounces balm or same amount of No 6.

Stir in half an ounce of Lobelia seed. One ounce of powdered cayenne. One ounce of leptandrin and fourth ounce of bi carbonate of soda.

Roll out in bitter root.

Dose:—One or two every three hours until there are yellow passages of the bowels

Then stop giving [the pains will then be gone] and after that give one or two at night. This is one of the safest and best remedies and combinations for general practice and in cases of rheumatism acute or chronic that we have ever known.

However, it does not equal the general cleansing of a course of medicines. And this pill should not be pushed after the discharges from the bowels are yellow and thin.

### No. 18, Drilling.

(Formula of the late Dr. Chapman, of Rochester, Minnesota.)

Boneset, mandrake root, bitter root, Culvers root, pleurisy root, lobelia herb, wahoo bark, ginger root, equal parts.

These to be coarsely ground and mixed well. If desired to be sold, have them powdered, as they go in smaller bulk.

Dose: One great spoonful in a pint and a half of boiling water, to be steeped an hour.

Dose to be given to an adult, one or two tablespoonfuls every half hour until the bowels move yellow. Then one fourth cupful twice a day. Useful for headaches bilious trouble and insanity.

To be followed by an emetic. One of the most efficient cleansers on earth in all cases of bilious attacks, jaundice, erysipelas, or rheumatism. But should never, under any circumstances, be used in any eruptive disease.

### No. 19, Cough Powder.

(Formula by Curtis Ward, Minneapolis, Minn.)

Equal parts of powdered and sifted lobelia seed, Indian turnip root, bitter root and lady slipper root. To be thoroughly mixed together. Sifted in fine sieve,

Dose: As much as will lie on half a pen knife. Place dry on tongue. A small sup of cool water may be taken afterwards. This is the most efficient cough powder on earth. Slippery elm bark or powdered comfrey root may be added if desired, where there is much irritation of the lungs. Also a drink can be used, of infusion of marsh mallow root.

Should be stoppered in glass bottle or tin box clean. Repeat as needed.

### No. 20, Female Tonic.

German chamomile blossoms, two ounces; sassafras bark powdered, one ounce; ginger, one ounce; cinnamon, one ounce; spikenard, two ounces coarsely ground; cayenne, powdered, one fourth of an ounce.

Place all this in one quart of California Sherry and stopper tightly for ten days. Take off and pour off all that will come off and add another quart of wine.

Bottle the liquid coming off. Dose, one or two teaspoonfuls three to five times a day. May be mixed in water.

With selected diet of non starch foods, fruits and nuts, this is one of the best tonics we know of. May be used with spice bitters. The only objectionable thing in it, is the use of wine. We do not think any kind of alcoholic liquids are good in any form.

We give it because it is useful in occasions where the infusions cannot be made, after the exhaustive diseases, as diphtheria, or fevers. Spice Bitters will serve all purposes, only possibly a change may be needed. Or, there may be conditions where steeping is impossible.

### No. 21, Kidney Tonic.

In three gallons of soft water, boil one pound each, of queen of meadow, root or herb; burdock seed; wahoo bark—all coarsely ground. Half pound of sumach berries, half pound of elderberries and comfrey root. Boil half an hour hard boiling. Strain off and add one fourth as much spirit. Dose: Deserts spoonful in a cup of hot water, three times a day. Useful for gravel, backache, cloudy urine. May be used in thick neck, red faces, excessive fats.

### No. 22, Catnip Compound.

Formula of Dr. Chapman, Rochester, Minn.

Equal parts of catnip herb, bitter root, pleurisy root and lobelia herb. Mix and keep in tin box. One heaping great spoonful in one pint of boiling water. Steep half an hour.

Dose: One to two tablespoonfuls every half hour, for twenty four hours (when not asleep) and then give an emetic afterwards.

This is one of the most efficient looseners we have ever seen. If the patient can bear the bitter root, it is the article needed to loosen up all old cases of rheumatism and catarrh, as well as of skin diseases and stiff joints.


Should only be taken to loosen up and should always have an emetic afterwards. Never give this in consumptive cases, or where the patient is very much emaciated or thin in flesh.

**Elm Compound, No. 23.**

Take one full ounce of cut up elm bark. Add one fourth teaspoonful pure cayenne. Turn on one full pint of boiling water. It should steep, covered, for half an hour. Strain off, as it is used. Dose: One or two tablespoonfuls every fifteen minutes, in cases of diphtheria or scarlet fever, where the case is low, or where the breath is offensive. In all cases of fever, this is the best bowel cleanser we know of. It should always be given before the patient eats or drinks any thing in all cases of diphtheria or in scarlet fever. In cases, where the patient is weak from diphtheria this is nourishment as well as medicine for strength. Nothing more useful on earth, than this simple compound. For all kinds of fever or intestinal obstruction this is a reliable, safe remedy. After this has set for some time, it will get thick, like syrup. This is all right. Then it can be taken off without straining, as all the parts will settle to the bottom.

**Powdered or Liquid Vermifuge, No. 24.**

**DRY.** Equal parts of boneset, balmony herb, bitter root, pink root, Alexandra senna leaves, one ounce each.

 Be sure to have all the dirt from the pink root before powdering. Have these well powdered and kept in dry box. For a child of five, a small pinch may be given in the morning mixed with a little water or syrup. Only a very small quantity should be given at first. Next morning increase very gradually. Give the third dose on the third morning and then stop three days. Meanwhile, the diet should be of well cooked meats, fish or mutton, or fruits or nuts. Where it is possible, it is best to have the child fast two hours and skip three mornings and see that the dose is not too large to move the bowels too freely, as, if it does, there will be great weakness. Giving for several mornings will take away the appetite. Use this carefully.

**LIQUID VERMIFUGE.**

Put the above in a mixture of one pint alcohol, to three pints distilled water.

Stopped tightly and let stand for ten days. Then take off one pint and label it vermifuge. It can be mixed with part water to give to a child of five. Or a teaspoonful would be a dose in a fourth cup of warm water.

Do not add sweetening, but have the water warm.

One teaspoonful may be put in a cup of hot water, which will, by the time it gets cool, drive off the alcohol. It can be sweetened, if necessary, but it seems to lose its immediate efficiency, when sweetened. Best to commence with small doses and increase gradually. This can also be steeped and be given in infusion, if desired, I think it is really best in infusion. This is especially useful in cases of long round worms. And will take them out of the body in very short order.

Still, while this is quick, we know that the elm compound will do the work just as effectually and with not a tenth part as much irritation as this bitter root and pink root compound. This should not be given to a delicate, thin child, or one with a weak heart.

**No. 24. Childs' Mild Dry Vermifuge.**

Equal parts of balmony herb; white poplar bark and Wild yam root. Mix thoroughly. Keep in bottle, well stopped. One fourth teaspoonful in syrup early in the morning.

**ANOTHER.**

An easy vermifuge, effectual in all cases. To one pound of powdered elm bark, add one ounce of pure powdered cayenne. Give a child of five years one fourth teaspoonful of this mixed up in syrup every morning for fourteen mornings and skip seven mornings and commence again if needed. Usually, this is enough. This can be given to the most delicate child and will rid them of any and all kinds of worms. The dose can be made proportionate to the age and size of the child. It can also be given for six months at a time, if needed.

Cocoa nuts and pine apples rid the body of worms. Carrots are a vermifuge.

### No. 25. Liniment.

In one gallon of alcohol, place four ounces of cayenne and let it soak ten days. This can then be strained off. Or, it may be allowed to settle and then turned off. When the ten days are up, add one ounce of oils of *Origanum*, peppermint, hemlock, *Cajeput*. Shake these up good.

Shave up four ounces of Castile soap and dissolve in as much water as will make it a thin paste. Add this to the gallon of mixture and shake it up. May be percolated through filter paper, if desired to be very clear. Useful for all cases of sprains or wherever any liniment is of use. Other oils may be added if desired. For colics and where there is feared any stoppage of the bowels, this can be rubbed over the abdomen with the hand and a wet flannel wrung out of very hot water can be laid on the bowels and dry flannel over this to stimulate the parts into action. It gives immediate relief.

Be sure to have good pure cayenne. Druggists and apothecary shops keep old materials and are not usually reliable.

### No. 26, Cinnamon compound.

Take one pound of best Saigon Cinnamon.

Add one ounce of cayenne, best powdered. Mix well. Keep in a bottle or tin box.

Take out tablespoonful and place in pint of soft boiling water. Steep ten minutes and begin to give tablespoonful to boy of seven and more to adults and less to infants, every fifteen minutes. If this does not clean off the throat in two hours, give an emetic. Have the patient vomit thoroughly until the throat is cleaned off.

This will cure incipient diphtheria. Will cure any sore throat in a few hours. Is antiseptic and healing as well as being stimulating and cleansing.

Should be given according to the exigencies of the case and not by any rule. It may be pushed if there are sloughings on the throat and the whole cupful may be given in one or two doses, if the throat is very sore.

This can be depended on to cure any case of sore throat and will be the best single remedy in any case of diphtheria where the patient can swallow anything. It corrects the smell at once. Is healing, in the genuine sense of assisting the blood cor-

puscles to repair the tissues torn down by the putridity in the throat.

It coagulates the stuff oozing from the mucous membranes and gives it a chance to get out and come away from the parts.

Useful in all cases of sore throat, tonsillitis, swelled glands, running at nose and coated tongue with offensive breath.

### Neutralizing Cordial No. 27.

Formula of the late Dr. Alvan Keith.

Place eight ounces each, of wild cherry bark, prickly ash berries and coarsely ground rhubarb, in a glass jar. Put on two quarts of alcohol. Keep well stoppered ten days.

In a percolator have one pound of best peppermint herb.

Boil in one gallon of soft clear water, eight ounces of Culver's root, eight ounces of pleurisy root and one pound of raspberry leaves. Boil an hour. Transfer the rhubarb to the percolator on the peppermint. Then turn on enough boiling fluid to run off two quarts. Set this aside.

By adding the liquid on the stove you run off enough to make two gallons. Add more water to the first raspberry leaves, in case it does not run off enough.

While this is running off there should be five pounds of loaf sugar dissolved. When all is dissolved, add one and one half ounces of bi-carbonate of soda and, having this dissolved and two gallons of liquid, set it in a jug and let it stand some days in a cool cellar.

Open the jug every day for five days to prevent any working or fermenting.

Dose: For diarrhea, one teaspoonful after every operation, for the adult. Less, for child. Can increase the dose.

It is to be used for bloody flux, dysentery, diarrhea, summer complaint. Tablespoonful after every operation according to age and condition of the patient.

### Croup Syrup No. 28.

All cases of croup are contractions of the bronchial tubes, or contraction of the air cells. These tubes or cells need relaxation and hence, anything that will relax these tubes will set the croup free. Relaxants, are needed.

Infusions are much the best, if there is

time to make them. If not, then have the croup syrup ready. If not for your children, for some of the neighbors' children.

Take one pound of coarsely ground lobelia leaf or herb. One ounce of blood root. Two ounces of Virginia snake root. Soak in two quarts of alcohol ten days, well stoppered and warm. Have one pound of catnip in bottom of percolator. Six ounces of Canada snake root, coarsely ground. Turn on the dregs of the lobelia and blood root on the catnip herb and have it run off all it will. Make two pounds of catnip herb into infusion.

To make this infusion, place two pounds of catnip herb, which should be fresh and free from all kinds of mustiness, in an earthen three gallon crock or jar. Boil two gallons of soft, clear water and while it is hot, turn on the catnip in the jar. Then, in five minutes, you have the infusion and can commence to turn it off. Catnip, mint and all kinds of aromatic herbs and flowers, should never be allowed to come to a boil. The boiling dissipates the volatile oils and the stuff is no good.

Take out a pint of this infusion of catnip and turn this on the lobelia and blood root as warm as you can.

Set aside the first two quarts. In the rest, dissolve four pounds of loaf or cut sugar. You should have two gallons when it is done. Bottle and label croup syrup. Dose one fourth teaspoonful, or more for a child of five, clear, if no hot water is ready. Or, in half a cup of hot water, place one tablespoonful of this croup syrup and give tablespoonful every two minutes, or let the child drink as much as it can while in croup. One dose will ease the child. Then give every five to fifteen minutes until relieved.

Use injections instead of giving physic the bowels. Stop eating eggs, potatoes and milk in all cases of croup. The use of eggs often cause croup.

### **Croup & Cough Syrup, No. 29.**

In croup, there is always a contraction of the bronchial tubes, and of the air cells and may be of the capillaries of the lungs, or blood vessels as well. This is the state of the child in cases of croup.

Therefore, anything that will relax these contracted vessels, will cure or relieve the

croup. A croup syrup, therefore, should be relaxant and somewhat stimulant and it will be effective in croup and cough.

Take eight ounces of lobelia leaf, twelve ounces of spikenard, three ounces of Virginia snake root, half an ounce of blood root, all coarsely ground and soak ten days in two quarts of alcohol. Stopper tightly in a warm place.

Have one and a half pounds of whole catnip in percolator.

Turn on the lobelia and spikenard with alcohol, on the catnip, in the percolator.

Then turn on boiling soft or distilled water enough to have two quarts run off.

Set this aside stoppered up.

Turn on enough more water, so you can run through, unless you can press it out with the hands, which is best, enough to make six quarts more.

In this last six quarts, while it is warm, dissolve four pounds of loaf white sugar or rock candy.

Mix the first two quarts and the last six quarts together and bottle it. Label it Cough Syrup. May also be used for Croup.

Should it be in warm latitude, there should not be more than six quarts made of this. In cold climates one part alcohol to three parts of boiled water, will keep it.

Dose: One teaspoonful to child of five any time it has croup and repeat every five minutes until it is easy.

If there is time to have hot water it will be well to give it in some hot water as it will take effect sooner.

It may vomit the child, if there is a heavy load on stomach and it will be all right if it does vomit. Another dose will not do it any harm.

This cough syrup is also useful in all cases of contractions wherever they may be, in lungs or chest.

Larger doses can be given to adults. It can also be given in composition tea for coughs and colds and for all kinds of hoarseness if the patient has not been taking allopath or mineral poison. If child has been taking Mother Winslow's soothing syrup, give the elm and cayenne first.

Because Lobelia, being the prime relaxant should never be sent in to fight these poisons of the old pagan school. Give stimulant and something mucilaginous following an allopathic poisoner. Note:

If the catnip is not pressed down well in the percolator, the liquids will run through very fast. In which case the last six quarts can be run through several times until the strength of the catnip is well out of the herb. Once will do, if it runs through slowly. But, if not pressed down snug in the first place, it should be run through three times, so as to have the boiling water strike all parts of the catnip herb.

It will make it much clearer and less liable to settle, if the whole lot together, is run through finally.

But some of the alcohol will be lost and it is liable not to be as strong is if the first two quarts had been set aside as soon as run off. And the sugar will not dissolve as readily as if it is dissolved by itself in the last six quarts. If one desires to have this made stronger, make the lobelia of double strength. That is, as much more as is named here.

### Flooding Compound, No 30.

To one ounce of powdered and sifted Beth root, add one and one half ounces of powdered cayenne. Have the best.

Mix and sift together.

For flooding after labor, nothing on earth is more sure as a specific.

Give one fourth to one teaspoonful in a little warm water or composition tea. Repeat every three or five minutes. The first dose will relieve the case usually. But, in case there is coldness and clamminess at surface, it can be repeated and No. 6. also given to stimulate the surface. We never think, at our time of life of having any hemorrhage after labor. But, this is good to have and can be depended on in any and all cases. A teaspoonful can be given every ten minutes for one or two hours, but one dose will be sufficient to check the flooding and then a small quantity can be given afterwards once an hour or once in three hours, if the waste is profuse.

### Eye Water, No 31.

Take one ounce of powdered white pond lily root, one ounce of witch hazel leaves and soak in half pint of alcohol. After ten days turn the alcohol and roots into percolator and boil up half a pound of wild strawberry leaves, in two quarts of soft

water. Turn off enough to have one quart when finished.

Filter through filter paper.

This can be used fresh with cold water or can be added to hot water to drive off any alcohol and used any time for tender eyes, or granulated lids. Or wet pieces of old linen and pack eyes that are tender. The same compound is of still greater efficiency when made into infusions. But this eye water can be made and kept, while infusions have to be made daily.

### Eye Oil, No. 32.

To one ounce of purest sweet oil, add thirty drops of pure oil of peppermint

Shake thoroughly and have this well dissolved.

Rub this, in eyes that have growths on them once or twice a day.

It will smart some, but the washing off in cold water, will take it off, if too severe. No effect can be produced if the diet is hog meat or tea.

The diet to have clear eyes should be of fruits and nuts, without meat or gravies or stuff generally called pastry.

### Bladder Cleaner, No. 33.

Where ever the urine may be filled with creamy stuff, lime, or where there is tenderness of the bladder, a Demulcent is the best remedy.

Soak one pound of queen of meadow root coarsely ground, for twelve days, in two quarts of alcohol.

Place two pounds of peppermint herb in percolator. Press down snugly. Turn on the queen of meadow root and the alcohol.

Boil up one pound of comfrey root, one pound of marsh mallow, in two gallons of soft water. Boil an hour. Turn on enough to run off two gallons. Do not sweeten. If not liquid enough, add more water to the mallows and boil again until you get eight quarts all told. Bottle and label.

Dose: One dessert spoonful every hour until relieved. For children, following scarlet fever, in cases of bladder or kidney troubles these herbs should be made into infusions. Or this should be given in half doses in warm water and the alcohol driven off with hot water. No sugar should be allowed. But maple syrup or maple sugar would not be objectionable.



Diet should be of fruits, nuts and non-starchy vegetables.

No milk shall be allowed in any form while the bladder or kidneys are effected.

### Cough Syrup, No. 34.

In all cases of cough, which is a violent expiration of breath, there is some irritation. This irritation is obstructing the circulation.

This irritation must be removed by some means and the coughing, which is an effort of the vital force to dislodge something offending the track of the respiratory organs, will cease.

When this irritating substance is removed, the coughing will cease.

How simple and stupid therefore to "stop the cough," because nature or the vital force is trying to get rid of it.

Such remedies are worse than useless and are detrimental to the human body, as are all opiates and narcotics.

Take elecampane root, lobelia herb, indian turnip root, black cohosh root, of each, four ounces, coarsely ground.

Soak in two quarts of alcohol ten days.

When the time is up, place half a pound of Canada snake root and half a pound of whole catnip herb in bottom percolator. Turn on the Lobelia compound and alcohol. Boil up one pound of colts foot herb and root, half pound of boneset and one pound of licorice sticks, in two gallons and a half of soft water. Run this off until you have seven quarts. Perhaps the last quart can be pressed out if you have a press.

Then boil, in the last quart, three pounds of honey in the comb.

Mix all together. Strain this off and bottle.

This is for chronic coughs and weak lungs and it may be called Lung tonic.

The dose may be a teaspoonful for a child, or half as much, to a desert spoonful for an adult. It is one of the best remedies for coughing from obstructions that I have ever used.

### Consumptives' Remedy, No. 35.

To the above, when it is nearly done, add four ounces of tar and strain it through cheese cloth.

This may also be boiled in with the honey and then strained when the last quart and the honey is added.

There may be nine quarts of this but in the South or in warm weather, there should only be eight quarts, when all is made. Be sure to keep in a cool place, as honey soon sours if kept warm.

### Grippe Compound, No. 36.

It is stated by the Medical Authorities that Grippe is caused by a germ. This is erroneous. There is no germ about it. When the microscopists have located this germ, they should locate what has gone before it.

Grippe is caused by cold and then contraction of the bowels (intestine(s)) and when they are contracted, there are pains and troubles of various kinds all over the system. These colds, contractions are the cause of grippe.

One of the best preventives is to wear flannel bands over the bowels; to take daily cold baths quickly in the morning, as soon as out of bed; wear flannel or Jaeger night dresses to bed and to sleep in a cold room. Then, if cold, keep pastry and starch food out of the stomach; take something that will relax and stimulate the intestines, from more contractions. Get the bowels in good order, but under no condition allow yourself or child to take physics of any kind.

Remedy—specific and a useful medicine or "food," is composed as follows—

Equal parts of Thomsons' composition; best cinnamon and wild yam root powdered. Mix well together.

Place one heaping teaspoonful of this mixture in a coffee cup and turn full of boiling water. Soft being best. Set on stove covered.

Steep ten to twenty minutes. Never allow it to boil. May be sweetened to suit the taste. It can be strained.

Drink this warm in fifteen to twenty minutes and make fresh, so as to keep it going down easy in the bowels.

Use the injections of catnip—if constipated. Use large injections and keep in bed, if possible, warm and easy.

Food should be of warm baked apples

and light broths. Better as soon as the taste is returned to have well cooked corn meal gruel. (No appetite; no food.)

This can have cream if not tasteful, and if the pains are all gone, a trifle of milk might be allowed. In general, milk should never be drank during any bowel trouble. Best foods are ripe oranges. But mark this:—One of the causes of gripe are unripe and cold fruits which remain cold in the bowels. Therefore, meats are better than so much cold and uncertain fruits. Fruits are best, but they should be ripe and if apples, should be cooked. Stewed prunes are always in order when there is an appetite.

Nuts are all right. Should be well chewed up and should not be eaten until the pains are all gone and the appetite has returned.

No food should be given or allowed, until the appetite has fully returned and the patient feels like eating. Let patient call for food, before it is given. If the tongue is coated and the breath offensive, give an emetic.

In all prescriptions in this book, it is understood that the plants should be pure, fresh and sweet. This matter is very important.

Herbs usually purchased from the drug store are neither of these.

They are old, musty, kept in tobacco boxes or any receptacle, until the virtue is gone out of them.

We therefore advise to have these herbs kept in the house, in the room or closet, where they will be ready for any emergency. It costs but a little to provide these things ahead and once on hand they will never come amiss. It is better than insurance. Always have a good syringe in the house, with a tube for the baby.

Composition, neutralizing cordial, cough syrup, spice bitters, sage, sassafras, peppermint, pennyroyal herb, cayenne, balm and No. 6, will save many a doctor bill in the family of small children, or, even in the husband and wife. To have these articles pure, they should be provided before hand. Kept in well stoppered bottles, the powders in tin boxes. Should have earthen to make infusions in.

### Alterative Syrup.

Take eight ounces, each, of American Sarsaparilla, Culver's root, Burdock root and Chimaphila, four ounces each, of prickly ash and wild yam—boil hard in three gallons of soft water, for two hours. There should be a gallon of liquid left.

Place in the bottom of the percolator half pound spearmint, four ounces anise seed, ground coarsely, one ounce best cinnamon, one fourth ounce cayenne, powdered. Turn on all the liquid from the boiler on to the percolator and then add more water to the sarsaparilla and boil to have another gallon. Turn this also, when boiling, into the percolator.

There should be six full quarts run off. If not so much, press out the herbs in the percolator until you have six quarts.

Strain this six quarts, cool and let it settle. Measure it and add one pint of alcohol to every three pints of liquid. Mix well and bottle. Dose One: teaspoonful in half a cup of hot water three times a day. This is the best and most effectual alterative that I have ever used and if you make it yourself and desire to have it more palatable you can boil in a quart of maple syrup on the second boiling and add it without having it pass through the percolator. Best to have each dose sweetened to suit their taste. Useful in all cases, where the skin is brownish or coarse, or where there are any bunches over the body. In all cases of jaundice, bilious troubles of any kind. For gotter, rheumatism and all skin eruptions. Or in any suspicion of syphilis, this is one of the best remedies.

### For Polypus either in the nose or elsewhere.

We understand by a polypus that this is a growth that has its own special vital force. We must destroy this growth and drive out the force which keeps the growth alive. Equal parts of bayberry bark, blood root and bitter root, all powdered dusted on the growth three to five times a day will kill it, if you can place enough on the growth to smother it. Blood root alone will do it.

Wash every day, in the strongest lye you can use directly upon the Polypus.

## Worm Syrup.

(Keth.)

Place twelve ounces of clean, coarsely ground Pink Root (*Spigelia Marilandica*) in two quarts of pure alcohol. Stopper tight and set aside for fourteen days.

At the end of fourteen days, boil in a clean boiler or large iron kettle White Indian Hemp, Black Ash Bark, Yellow Poplar, Bitter Root, (*Apocynum Androsæmifolium*) Culver's root and Pomegranate Bark, coarsely ground, of each six ounces; with three and one-half gallons of pure soft or distilled water.

When boiled, transfer the Pink Root to a Percolator, in the bottom of which you have placed half a pound of spearmint and half a pound of sage leaves. Add the boiling liquid—a little at a time until two quarts are run off. Set this aside in bottle, stoppered. Add the rest of the liquid to the percolator and dissolve seven pounds of loaf sugar. (*if possible use Beet sugar.*) In a cupful, dissolve one-half ounce bi-carbonate of soda. Strain through coarse towel or cheese cloth.

If it runs off very fast, run it through again BEFORE you dissolve the sugar.

When it is mixed with the first two quarts, there should be two gallons and one quart. If you cannot get this much, boil the barks with enough more water to make this amount and run more through the percolator. If you have any more, add enough alcohol as will be (with the first two quarts) ONE FOURTH ALCOHOL, plus the one quart of sugar of the whole amount. Label bottle and keep in a cool place.

The important point in making this worm syrup is not to mix the first two quarts which contains the alcohol, until you have last six quarts run through, the sugar and soda dissolved—and all ready to be bottled. Then mix the first two quarts and you may be sure that it will keep for years, if set in a cool place and well stoppered.

### To be shaken before taking.

Dose for girl of ten, small dessert spoonful early in the morning. Or for small child, teaspoonful morning and night. If it acts as physic, give less. Give three mornings and skip three mornings until the passages are yellow from the bowels.

For an adult make the doses larger.

## Wens.

Wens should be cut out. But there are some tender nerved people who will not have a knife on them.

For such persons, let them apply a paste of ashes and molasses as thick as it can be made, on the wen. Shave the hair off all around the base of the wen.

The ashes will kill the growth or drive off the vital force of the little animal at the base of the wen. It will make a bad looking sore but must be persevered in until the bottom of it is reached.

Then apply poultice for a few days when you can soon heal it up, with a pure cold water dressing. The best way with a wen is to have it cut out.

## For Ivy Poisoning.

Make a strong solution of alum. Dissolve eight ounces alum in a quart of boiling water and as soon as cool, use it freely on the parts poisoned.

## For External Applications.

In cases of Erysipelas—take four ounces of Lobelia herb, four ounces hard wood ashes or, four ounces Bi-carbonate soda and dissolve in one quart of boiling soft water. When cool this may be applied very freely.

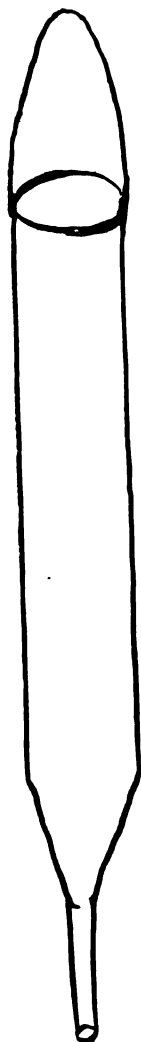


FIG. 99.

### OUTLINE OF PERCOLATOR.

This can be made of heavy tin. A large one should be twenty-four inches long—eight inches in diameter, with the lower funnel end four inches on the narrowing part and four inches long for the lower pipe.

For family use, twenty inches long and four inches in diameter is a very good size. The two ears and ball or wire at the top is made like the wire handle of a dinner bucket. This can be hung on a stout nail or fastened with a cord to spike in an upright.

FIG. 100.



Round piece of perforated stout tin to place in the percolator inside. Should fit the percolator loosely and may be strengthened with wire across—and round the edges.

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